

# Advanced financial wellness

The top cause of stress in an employee's life is money... more than politics, work or family.<sup>1</sup> Among financially stressed employees, 55% spend three hours per week distracted by finances while at work. Paying off student loans, reducing debt, spending vs. saving, and creating a nest egg are just a few of the obstacles they are trying to navigate. These employees are also three times as likely to feel a negative impact from money worries relative to their mental health.<sup>2,3</sup>

Advanced financial wellness, powered by My Secure Advantage, blends unlimited 1:1 financial coaching with budgeting software and on-demand video courses that empower employees to take charge of their financial future.

## Key features

### ✓ Coaching

- Unlimited one-on-one money coaching available by phone, video or chat for 90, 180 or 365 days
- Educational guidance only, no product sales
- Co-browsing and file sharing to enhance online experience

### ✓ Website

- Assessment and wellness score tools to measure financial stress and overall financial wellbeing
- Financial aggregator centralizes accounts into one secure budgeting tool
- Credit report, score and monitoring

### ✓ Education

- Virtual and in-person educational events
- Live monthly webinars and forums
- Online video courses on a wide range of topics

Advanced financial wellness can be promoted as part of your eMbrace program and/or as a standalone program.

## People working with a Money Coach report being notably happier and less stressed:<sup>4</sup>

**90%** average improvement in financial wellbeing

**30%** average decrease in time distracted at work due to financial stress

**\$4,928+** average reduction in debt

**4.4%** average increase in retirement plan contributions



Ready to talk to someone about transforming your employee experience?  
Visit [MagellanHealthcare.com/eMbrace](https://MagellanHealthcare.com/eMbrace) or email [MHCinfo@MagellanHealth.com](mailto:MHCinfo@MagellanHealth.com).

1. PwC's 10th annual Employee Financial Wellness Survey (PwC US; 2021)  
2. US 2022 Inside Employees Minds Report (Mercer US; 2022)  
3. 2022 PwC Employee Financial Wellness Survey (PwC US; 2022)  
4. My Secure Advantage, Inc.