

# Financial – 60 Minutes to Change



## **Financial Wellness**

*Interested in learning about secrets to good credit, tips to help with better spending habits and ways to save on an ideal budget? Come learn how to make wiser decisions when it comes to your financial health.*

Identifying healthy spending habits and effective ways to save can be challenging. [Click Here](#) to view, “60 Minutes to Change”, a short informative video on how to make wiser decisions when it comes to spending and saving. This video will provide you with tools and tips to plan for today and in the future.

After you watch this video, take the quiz to test your knowledge and to see what you have learned!

Webinar Link: <https://vimeo.com/320024438/ac5e45afb2>

# 60 Minutes to Change

## Quiz

*Complete this quiz to test your knowledge and to see what you learned by watching this webinar!*

1. What is not included on your credit report?
  - a. Total accounts
  - b. Delinquent accounts
  - c. Insurance carrier
  
2. \_\_\_\_\_ equals assets minus liabilities.
  - a. Medical bills
  - b. Credit score
  - c. Net worth
  
3. T/F: Your emergency fund should consist of 3 months' worth of expenses.
  - a. True
  - b. False
  
4. T/F: Studies show we make our worst spending decisions the day before payday.
  - a. True
  - b. False

5. Please share something you learned from this recording:

---

---