

# Benefits BULLETIN

AUGUST 2024



## Physical v. Financial Wellness

### A Message from Chris Urban Chief Financial Officer



According to a recent study from Columbia University, Oscar Jimenez-Solomon, a research scientist states financial stability is highly correlated with good health. Financial debt and/or financial stress puts both physical and mental wellness at risk which leads to absenteeism and other health issues leading to lack of productivity.

There are many individuals at companies across the nation that are dealing with severe financial issues like indebtedness and living paycheck to paycheck trying to make ends meet. The impact of these stressors causes a sense of hopelessness and feeling trapped.

Many companies focus on creating strong and engaging employee benefit programs but fall short when completing the loop between the company sponsored benefits and having them integrate fully into employee's personal lives.

Offering a financial planning solution employees can individually tap in to is a way to address this issue and provide a resource to connect the company sponsored benefits, with budgeting and finally saving to create a plan for the future.

Contact your Account Manager to discuss how Infinity can provide financial planning resources from Northwestern Mutual to help your employees connect and improve both financial and physical health.

## INDUSTRY NEWS

### How to Make Sure Your 401(k), IRA Lasts



## Top 10 Productivity Killers in the Workplace

Did you miss last month's Benefits Bulletin?

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