

# VitaMin

Vital health information in a minute



## Help employees take control of their finances

A financial checklist can help employees take control of their finances and feel less stressed. Share this information to help them feel more confident about their financial future.

Here are resources for helping employees get on track for a brighter financial future.



### Newsletter

Print and distribute this [newsletter](#) that encourages employees to take small steps toward a more secure financial future. It includes a financial checklist with tips for taking action.

[Spanish version](#)



### Email

Send employees this [email](#) with quick reminders that healthy choices can cost less. It includes a budget-friendly recipe.

[Spanish version](#)

**GO YOU.**



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