

# February

2019

## What is the Healthy Money Habits Program all about?

Healthy Money Habits is a program available to Northern Nevada HOPES patients, free of charge. We are here to help you reach financial wellness by providing financial education, financial coaching, and additional services that help you set and achieve financial goals. We are not financial advisors or counselors, but we are dedicated to improving your financial health, empowering our community, improving financial literacy, and decreasing stress due to financial issues. Remember that financial health is part of your overall health!

To find out more, contact the Financial Coach.



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1. Vulnerability in the Face of Economic Uncertainty; Key findings from the 2019 Prosperity Now Scorecard. Retrieved from [https://prosperitynow.org/sites/default/files/resources/2019\\_Scorecard\\_Key\\_Findings.pdf](https://prosperitynow.org/sites/default/files/resources/2019_Scorecard_Key_Findings.pdf)  
2. The Journey to Financial Health. Center for Financial Services Innovation. Retrieved from <https://cfsinnovation.org/research/financial-health-journey/>

# Healthy Money Habits

## Newsletter



Photo by Susanne Nilsson / Flickr

### All you need is love.

In the spirit of Valentine's Day, I want to talk a little bit about things we do for love, both for our loved ones and for ourselves. Some of us display our love for one another with kind gestures like love letters, gifts or verbally. Here are some ideas...have you considered giving the gift of savings, either to yourself or others? Have you considered pledging to start saving? It is estimated that 40% of American households lack basic savings<sup>1</sup>. What better way to love than to invest in yourself or loved ones by saving? Even a few dollars a month makes a difference. So, in the spirit of love, for yourself and/or for those closest to you, start saving or pledge to save. You can pledge at <https://americasaves.org/for-savers/pledge!> Remember, America Saves Week is February 25 – March 2, 2019. For more on America Saves Week, please log on to <https://americasaves.org>

### Dear Financial Coach...

**Q:** I have never looked at my credit report. What exactly is a credit report and how can I get a copy of it?

**A:** Thank you for your question. A credit report is a document that contains your credit history. A credit report has different sections containing information about your current and previous loans and/or credit cards, whether you pay your bills on time, bankruptcies and much more. You are entitled to a free copy once a year and you can get it at [www.annualcreditreport.com](http://www.annualcreditreport.com). Obtaining a copy of your credit report is a good way to monitor your credit and if necessary, fix any errors that may be hurting you. For more information or additional questions, contact the Financial Coach.

## SAVE THE DATE!

### In case you missed it...

- **Earned Income Tax Credit Awareness Day**  
January 25, 2019
- **Tax Identity Theft Awareness Week**  
January 28-  
February 1, 2019

### This month...

- **America Saves Week**  
February 25 – March 2,  
2019 #ASW19

## Components of Financial Health

In the next few issues, the Healthy Money Habits Newsletter will explore each of the four components of financial health<sup>2</sup> in a five-part series. As mentioned in previous issues, financial health is a very personal state that when reached, can provide a sense of security and financial freedom of choice. Your journey to financial health can begin by analyzing and adjusting personal financial habits as they relate to the areas in the illustration below. Analyzing how each of these areas of your life plays a role in your current financial state can help you modify behaviors and get you on your way to financial health. Next month we begin our five-part series by discussing spending.



Courtesy of Center for Financial Services Innovation<sup>2</sup>

To find out more, contact the Financial Coach.