

Improve Your Financial Health

Need to start a new diet? The **Virginia Society of Certified Public Accountants** wants to help get your finances in shape!

- **Start small.** You can make simple changes in spending and saving that will improve your financial health for years to come.
- **Open a 401(k) retirement account.** Check to see if your employer matches a percentage of your contribution. A matching contribution is free money.
- **Bank your raise (or at least a portion of it).** If you don't get used to having the extra money, you won't miss it.
- **Pay down your loans.** Make repaying them a priority over discretionary consumer spending.
- **Raise the deductible on your insurance policy.** For example, if it's \$100, increase it to \$200. It will have an impact on your premium payments.
- **Be energy efficient.** Turn down the thermostat, and turn off the lights.
- **Pay your credit card bill in full each month.** You'll avoid interest charges. Choose credit cards with cash back rewards and no annual fees. Review your free credit report annually at www.annualcreditreport.com.
- **Dust off your library cards.** You can watch DVDs, get books for free and many libraries offer free Internet access.
- **Kick a spending habit.** Smoking is hard on the wallet and your health. Brew your own coffee at 1/8 of the price of a latte.

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**Virginia Society of
Certified Public
Accountants**



Visit the Virginia Society of Certified Public Accountant's consumer website, www.FinancialFitness.org, for budget templates, money management articles, and a wealth of financial tools!

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