**Your Vitality checklist** ✅

**... to better financial health**

In the same way that you do an annual Vitality Health Check, we recommend a regular financial health check – to make sure that you’re on the right track to a healthy financial future.

To help you with this, we’ve put together a quick checklist – see which ones you can tick off your list and which ones you still need to work on.

✅ **Start a budget**

Always start with a plan. If you receive any type of income, then you should have a plan for how to spend it. A budget includes all your income and all your expenses. It’s important to budget for needs (e.g., rent) over wants (e.g., takeout food) and to make sure that you are saving for emergencies, your savings goals and for retirement.

✅ **Always save**

Saving money is very important for your future. Start with a savings goal and then commit to saving regularly in a separate account. Remember that every bit helps so save whatever amount you can, whenever you can.

✅ **Manage your credit**

Credit is about buying something now and paying for it later. Credit can be grouped as ‘good’ (something that gains value like education or property) or ‘bad’ (something that loses value like vehicles or credit card debt). Remember, when you borrow money, you must pay back the money you borrowed plus the interest amount, so you always end up paying more.

✅ **Know your payslips and bank statements**

Payslips and bank statements can be tricky to understand. With your payslip, know the difference between gross salary (before deductions) and nett salary (after deductions), and be aware of any deductions going off (e.g., taxes and healthcare costs). Make it a habit to check your bank statement regularly. This will help you to budget better, reduce certain spending and can also help you notice any issues quickly.

✅ **Review your risk**

Life is full of unexpected moments and risks. To protect yourself from some of these financial risks, it’s important to have insurance. There are many different types of insurance and you need to find the right ones that suit you. You can speak to a financial adviser to make this easier.

✅ **Get ready for retirement**

Retirement may seem a long way away for most people, but saving for it needs to start now so that you have enough money to live off when you do retire. The reason you need to start saving now is so that your money has enough time to earn interest and grow.

✅ **Ask for help**

If you are struggling to pay all your debts then you may be over-indebted. Don’t panic, there are people who can help you with this. Debt counselling can help you manage this debt and improve your credit score and your future financial standing, so contact a certified expert to help you.

*For more information about Vitality’s evidence-based approach that encourages and rewards members for healthier living, visit the* [*Vitality Global website*](https://www.vitalityglobal.com/)*.*