

We know that the **WHOLE** person comes to work every day. We also know that you're balancing a lot at work and at home. In addition to career needs, you have needs in the areas of financial, social/emotional, community, and physical. Here are some apps you might find useful in finding your balance!



FINANCIAL

FINANCIAL WELLBEING - Resources to help employees understand their finances.

FINANCIAL WELLBEING APPS

- **Mint** – Track your income and expenses, but also your financial state as a whole. - www.mint.com
- **Pocketguard** – All-in-one bank account tracking and budget management app. <https://pocketguard.com/>
- **Wallet** – Mobile budget and finance tool. - www.budgetbakers.com
- **Mvelopes** – Tools to track your daily spending while keeping your budget in focus. www.mvelopes.com
- **HeyMoney** – Your financial life is as unique as you are. Hey Money's human support system is the best way to make the smartest money moves that are true to YOU. - www.callheymoney.com
- **Albert** – Keeps track of your accounts and provides actionable, easy-to-understand recommendations for improving your financial health. - www.albert.com

FINANCIAL WELLBEING PODCASTS

- **Pete the Planner** – Help to take people who are underachieving and put them on a path to becoming a millionaire. - www.petetheplanner.com/podcast-2/
- **So Money with Farnoosh Torabi** – Candid conversations about money with world's top business minds. – <https://podcast.farnoosh.tv/>
- **Financial Freedom** – Interviews with remarkable people about money, meaning, and everything in-between. – www.millennialmoney.com/podcast/
- **Listen Money Matters** – Audio guide to money. – www.listenmoneymatters.com
- **Dave Ramsey Show** – Help you to manage your money, realize your career goals, become a better leader, and to grow your business. - www.daveramsey.com/show

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Find the apps in either the Apple App Store or Google Play Store.

