

# August 2024 Newsletter Content: Financial Fitness



Are you expecting a raise in the new fiscal year? Learn how you can put a portion of your paycheck to fund a secure retirement using financial planning tools and calculators. Through the [TexaSaver 401K/457 plan website and mobile application](#) you can also setup an appointment to speak with an Empower Financial Representative at no-cost to you. Learn more about this benefit through this [helpful video](#). (NOTE: This blurb is only applicable for state agencies, not higher education institutions. Do not use if not relevant to your population.)

**On August 14 from 10-11 a.m. CT,** Nick Daugherty is back with a new webinar, **Retirement Planning from New Hire to Retiree**, to help you understand how the stock market works, different types of retirement accounts available to you, and how to make sure financial advisors are working to support your financial goals. Whether you are just starting your career or you are getting close to retirement, this webinar will be full of helpful information. [Webinar Registration Link](#)

**On August 29 from 10-11 a.m. CT,** join Patricia Hord from the Office of the Consumer Credit Commissioner in a new webinar for **Avoiding Financial Exploitation**. Many of us know someone who's been the target or the victim of a scam. After years of hard work and sound financial decisions, many people find themselves in a crisis because financial fraudsters targeted them. In this webinar, you will learn how to recognize, report and reduce the risk of financial exploitation. [Webinar Registration Link](#)



**Fitness & Nutrition Connect Community Calls.** Join the BCBSTX wellness team for 15-minute check-ins to connect with others and engage in a lively wellness discussion on topics related to nutrition, fitness and finances! Check out the full schedule of events and register for sessions through the [ERS Wellness Events Calendar](#).