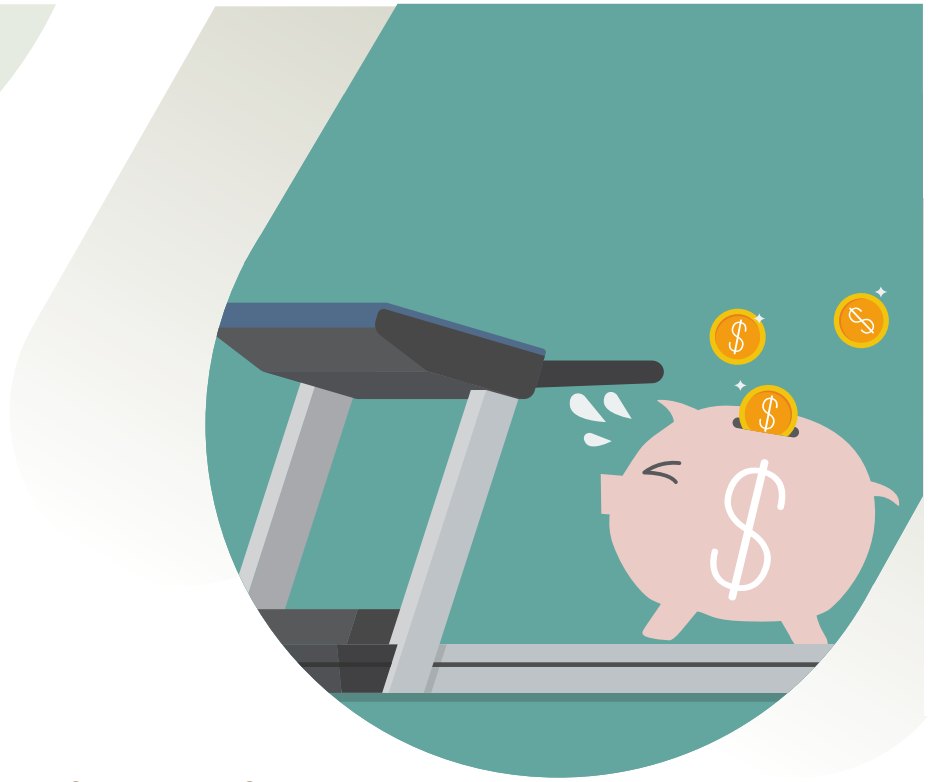


AUGUST 2024 Financial Fitness



Are you expecting a raise in the new fiscal year?

TEXA\$AVERSM 401(k) / 457 Program Learn how you can allocate some of your paycheck to fund a secure retirement using financial planning tools and calculators and by speaking to a retirement plan advisor at Empower, administrator of the Texa\$aver 401(k)/457 Program. [This helpful video](#) shows you how.



**Retirement Planning
from New Hire to Retiree
Aug. 14, 10 a.m. CT**

Financial educator Nick Daugherty helps you understand how the stock market works, the various types of retirement accounts and finding the right financial advisor. Join us whether you're just starting out or are close to retirement.

[Register for the webinar.](#)



**Avoiding Financial
Exploitation
Aug. 29, 10 a.m. CT**

After years of hard work and sound financial decisions, people can find themselves a target of fraudsters. Patricia Hord, from the Office of the Consumer Credit Commissioner, teaches how to recognize, report and reduce the risk of financial exploitation.

[Register for the webinar.](#)

Fitness and 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.



**Fitness Connect Community:
Fitness on a Budget
Tuesday, Aug. 13,
10 – 10:15 a.m. CT**

[Register.](#)

**Nutrition Connect Community:
Affordable Nutrition Strategies**

**Tuesday, Aug. 27,
10 – 10:15 a.m. CT**

[Register.](#)