

# It's Time for Your Financial Check-In

[America Saves Week](#) is celebrated February 21-25 this year, and the theme is building financial resilience. As the organization points out, financial resilience is about more than having money in the bank; it includes being aware of your financial situation and your available resources. If you haven't already, I encourage you to do a financial check-in to see where you're at and determine where you'd like to be. Continue reading to find out my top tips, specifically tailored for IABLE account owners.

Doing a financial check-in at the beginning of the year isn't just a good idea, it's crucial to your financial wellness. To get started, I've compiled a checklist of items to keep you on track.

## 1. Evaluate your investment options.

You can change which investment options you're enrolled in up to two times per calendar year. If your goals have changed, you want to try something new or you've decided to supplement a checking account, take this opportunity to learn more about your options and make changes accordingly.

### Investment Options

## 2. Set a long-term goal.

You're more likely to save if you set goals. What do you want your financial situation to look like in three to five years? This can always change, but it's a good idea to get a solid picture in your head before moving to item three.

## 3. Set smaller, short-term goals.

Once you have determined what your long-term goal will be, you may find it easiest to set smaller, short-term goals to help you along the way. Let's say, for example, your long-term goal is to save enough money to purchase new assistive technology. You might start by setting a short-term goal of saving \$500, then \$1,000 and so forth until you meet the long-term goal amount.

## 4. Involve family and friends.

Long gone are the days when family and friends were hesitant to provide financial support, fearful that you would lose essential benefits like SSI and Medicaid. Since the money in your IABLE account is protected from asset caps, they can contribute to your account and

help you accomplish your goals. Plus, if they're an Iowa taxpayer, don't forget to tell them about the state tax deduction.

#### Tax Advantages

### 5. Utilize resources available to you.

As State Treasurer and administrator of IAble, I take financial education and empowerment seriously. That's why I've dedicated a page on my website to include free money management resources, where you can discover tips on saving, budgeting and more.

#### Financial Education and Empowerment

You're one-step closer to building financial resilience! If you have any questions about your IAble account along the way, reach out to our savings specialists at (888) 609-8910 or [ia.clientservice@savewithable.com](mailto:ia.clientservice@savewithable.com). Good luck and happy saving!