



BE WELL | BE PREPARED | BE CONNECTED



March into spring and celebrate women

Did you know?

March is Women's History Month which provides an opportunity to celebrate women's contributions to our nation's history. Worldwide March 8, 2025, is International Women's Day.

In honor of Women's History Month and International Women's Day, let's highlight resources available to all the amazing women who are part of our ECU Health community – both at work and at home. We invite you to lean into these resources to help manage some of those things that life might spring on you and your family.

- ▶ Attend the free **Fidelity Women Talk Money series Women Talk Money live**
 - ▶ March 12—Unlock your best financial future
 - ▶ March 19—Getting real about women's health costs
 - ▶ March 26—Lessons about money, work and life

- ▶ Further develop your financial literacy (or enhance your financial literacy) at Fidelity's website

- ▶ **Sign up here** for the Fidelity newsletter to learn ways to make your money work as hard as you do

- ▶ Consider checking your 401(k)-plan contribution levels and take advantage of the ECU Health matching contribution

- ▶ Make sure your beneficiaries are up to date for your ECU Health Life and AD&D, Optional Life and AD&D, Spousal Life and AD&D and Child Life and AD&D

- ▶ Make an appointment with Mike Kitto, ECU Health's dedicated workplace financial consultant through Fidelity Investments www.fidelity.com/schedule