

October is National Retirement Security Month



Here's to your financial health. Because you're worth it.

Plan for your retirement now to be financially healthy today and in the future. Spend some time on your plan this month to help make it happen.

Congress sponsors National Retirement Security Month (NRSM) as a dedicated time to focus on improving retirement outcomes. This year's NRSM focuses on financial wellness.

Your overall wellness is made up of more than just your physical, mental and emotional health. Your financial wellness plays a big part in your general well-being as well. Many of us don't spend enough time thinking about our future. But with a little planning and guidance, you can build a more secure tomorrow by creating good habits to help improve your financial outcome for life.

It's important to approach life from a whole wellness perspective. Even when things are happening outside of your control, you can continue to stay on top of your goals and gain a sense of well-being.

Not feeling balanced financially?

Whether you need some help preparing for the unexpected, managing your day-to-day finances or adjusting a plan for your future - we're here.

Voya Learn offers videos and access to tools to help you take meaningful steps towards the future you deserve.

Voya.com/Voyalearn

Here are 5 things you can do now

- Create and manage a budget
- Establish an emergency fund
- Take a financial wellness assessment
- Keep saving for your future
- Make or review your beneficiary designations



For participants of the OkMRF Defined Contribution (DC) Program, visit okmrforg.voya.com to log into your account, then click *Financial Wellness* near to the top of the page to access a financial wellness assessment that will help measure where you are in each pillar of financial wellness. For OkMRF Defined Benefit (DB) Program participants, download a simplified **financial wellness assessment** and score yourself on the financial wellness pillars. The journey to financial wellness begins with you!

DC PLAN RESOURCES



WEB

okmrforg.voya.com
okmrf.org



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