

# HEALTHY AT HOME

## The Do's:

- Create a budget and stick to it
- Take advantage of low interest rates
- Boost your emergency fund
- Keep some cash on hand
- Look for opportunities to cut expenses

The coronavirus pandemic is not only having an impact on our economy, but on personal finance as well. Remember your financial health is just as important as your physical health.



## FINANCE EDITION

  
AssuredPartners

## The Don'ts

- Don't over-buy items in preparation
- Don't sell investments out of fear
- Don't ignore your workplace benefits
- Don't ignore your credit score and report

Need help creating a budget?

Check out our [Build a Better Budget challenge](#) or look into free apps like Mint to help you prepare.