

August 2021

## CommonHealth Mini-Videos

### [Learn How To Relieve Financial Stress](#)

#### Virginia Credit Union (VACU)

The State Employee Financial Wellness Program invites you to view a VACU webinar titled “**Check Your Financial Health.**” Get your finances into shape through the Financial Fitness Academy. With more than 200 short learning sessions, you can slim down your debts, pump up your credit, and make your accounts a lot healthier. Test your financial health, then benefit from your personalized training program. And you can track your progress with our quizzes and badges! [View Now!](#)

#### VACU Creative Ways to Save (CWTS) Program

A new savings initiative to encourage establishing emergency savings. Newer/younger employees and new families are encouraged to participate.

[Click Here To Start Saving!](#)

#### Mortgage Webinar

Please join Guaranteed Rate on **Wednesday, August 18<sup>th</sup> at 12:30 p.m.** for a Financial Wellness Mortgage webinar. The webinar will cover what is currently going on in the mortgage market, first time home buying information, qualifications, why it may make sense to refinance with the current rates being so low, and the discount you receive with them as a Virginia employees. [Register Here Now!](#)

**Did you know that you can now join Virginia Credit Union online with no funding needed?** In just a few easy steps: Visit [www.vacu.org/partnerjoinus](http://www.vacu.org/partnerjoinus). Then enter the company referral code: **3910**

#### Virginia Retirement System Financial Wellness

Keep track of your income and expenses with the Budget tool from [myVRS Financial Wellness](#). See how much you really spend and where you can add more to your savings. Log in to your [myVRS account](#) and select Financial Wellness to access this tool and build your budget.

#### Virginia529

Please join the Virginia529 for a webinar on **Tuesday, August 10<sup>th</sup> from 12 p.m. - 1 p.m.** for Commonwealth employees. Watch this webinar to learn about saving for future education expenses for your children, grandchildren or yourself. Click [HERE](#) to register.

#### Virginia Department of Treasury's Unclaimed Property Division

Unclaimed property can include dormant bank accounts, uncashed checks, stocks and dividends, insurance proceeds, refunds, and more. One in four Virginians has missing money. Visit our free search site to check your name and start the claims process.

[www.vaMoneySearch.org](http://www.vaMoneySearch.org)

#### Employee Assistance Program (EAP)

##### [Employee Assistance Program](#)

Legal resources, estate planning, counseling, discounts, etc.