

# Financial Stress is on the Rise

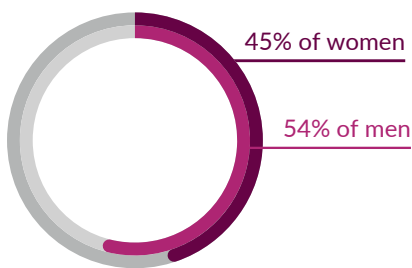
We surveyed 2,000 U.S.-based respondents from companies that had 5,000+ employees, asking them a variety of questions relating to holistic well-being.

## What We Uncovered About Financial Stress

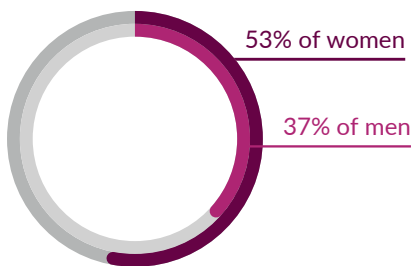
Our research shows that women and millennials are more likely to be dissatisfied with their financial wellness. Men and women also differ on what concerns them when it comes to finances.

### What are employees most concerned about?

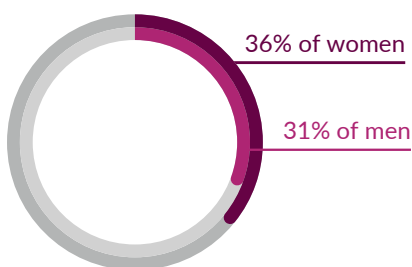
Living within your means



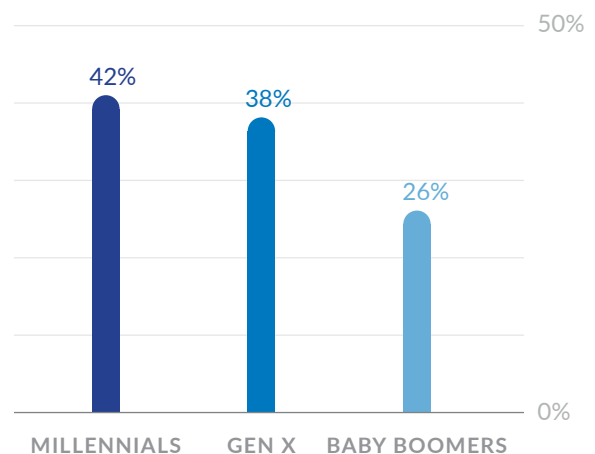
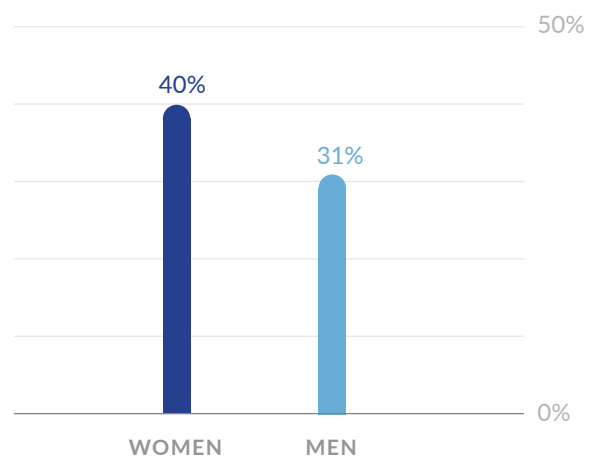
Paying off debt



Having savings for emergencies



### Percentage of respondents that are dissatisfied with their financial wellness:





## Food for Thought

### **Employers are recognizing the importance of financial wellness.**

[Bank of America](#) discovered more than twice as many companies are now offering financial wellness programs today compared to four years ago (53% vs 24%). Make financial education a priority so employees can alleviate their financial stress.

### **Find the right mix of services.**

Despite the increase in the number of companies offering financial wellness programs, it's still a relatively new space. It might take time to get the right combination of services your employees are looking for. Some benefits to consider out of the gate:

- Student loan debt assistance
- Tuition reimbursement
- Financial planning education
- Employee assistance programs that include access to financial advice
- Basic money management tools

### **Combatting stress can lead to higher productivity.**

Without a holistic approach to well-being that includes financial, emotional and physical health, productivity and effectiveness can often suffer. Companies can make an impact on the welfare of their workforce—and potentially their bottom line—by implementing a comprehensive financial wellness program.

Want to see more of the survey results? [Download the full white paper.](#)