
Employee Wellness Ideas

You will be the one your employees thank when you've directed them to **SmartWithMyMoney.nd.gov**. Show them you care about their personal financial success and invest time into helping them achieve their goals.



Try some of these ideas to help each of them become smart with their money!

Presentation and Communication Ideas

- Select a month and focus internal communications on a topic every week using **SmartWithMyMoney.nd.gov** as a resource. Topics could include getting out of credit card debt, retirement benefits or insurance. Note: April is Financial Literacy Month.
- Bring in a speaker to discuss the impacts of financial stress.
- Invite a member of Bank of North Dakota's Outreach Team to present on the **SmartWithMyMoney.nd.gov** site. Contact Lance Hill, Leader of Education Outreach & Financial Literacy, at lrhill@nd.gov or 701.328.5619 to learn more.
- Set up a series of lunch and learns or virtual coffee breaks on various financial wellness topics. Ask employees to vote for which ones they would like to learn about. Allow spouses or significant others to sign up for them too!
- Human resources staff can refer employees to the benefits and insurance sections of **SmartWithMyMoney.nd.gov** to learn the basics about them and save valuable time. Include links to the sections, so they can easily be found.
- Send a monthly email with suggested courses to all employees, i.e., prior to employee benefit signup, highlight the benefits training options on the site.
- Host a family financial wellness day. Bring in local experts to answer questions on retirement planning, debt reduction and other topics of interest. Create play money for children and give them the opportunity to 'buy' different items to help them understand the concept of money and budgets.



Activity Ideas

- Conduct a financial wellness contest. People name what they want to change and set a six-week and 12-week goal. If they meet their goals, they are eligible for prizes.
- Incentivize employees for completing courses or being on a streak as measured on the website.
- Visit **bnd.nd.gov/swmm-communication** to download puzzles and activity sheets to share with employees to complete individually or as a team.
 - Financial Wellness Word Find
 - Financial Wellness Word Match
 - What's your Money Personality?
- Challenge employees to log in, complete the 8-Week Money Mindfulness Program under the Mindfulness menu, and register for a chance to win prizes.
- Host a savings goal contest where people have a chance to win prizes if they meet their individual savings goals.
- Create a leaderboard for employees to track the "sprouts" they have earned each week.
- Set up a **SmartWithMyMoney.nd.gov** discussion group with topics and questions to answer.