Financial & Emotional Wellbeing During Economic Uncertainty



National Native American Human Resources Association

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Agenda

- The Importance of Financial & Emotional Wellbeing ١.
- Your Approach to Financial & Emotional Wellbeing Ш.
- III. Student Loan Benefit
 - Approaches & Plan Design
- IV. Strategies, Solutions and Resources
 - **Financial Wellbeing Vendor Market** •
 - **Emotional Wellbeing Vendor Market** •
 - Student Loan Program Examples
- V. Next Steps to Consider
- VI. Question & Answer







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Common goal: Instill **employee resiliency** in order to develop a **culture of wellbeing** leading to ultimate **organizational wellbeing**



Employees report financial stress impacting their:



32% Physical Health



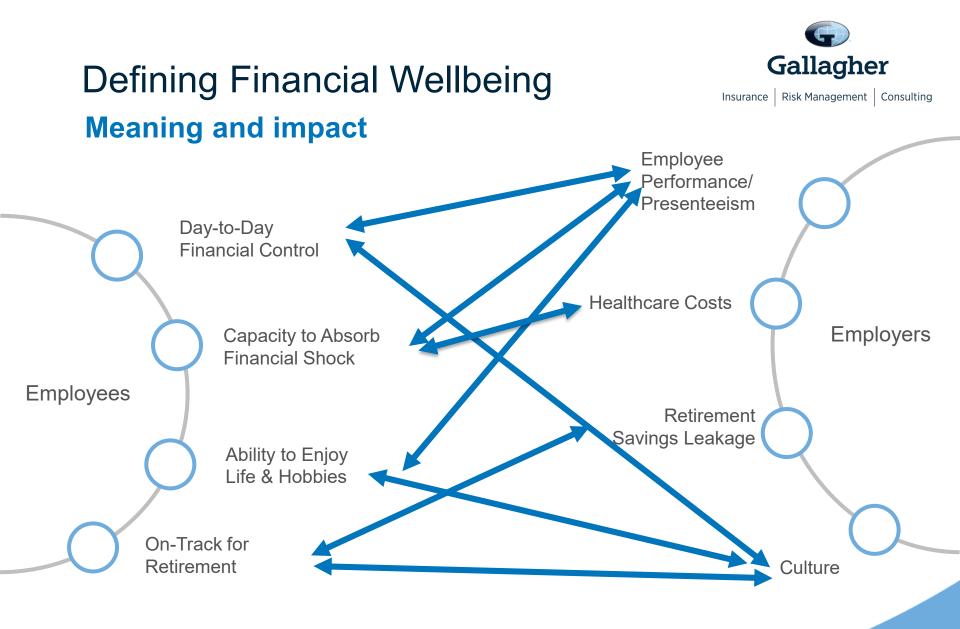


32% Relationships at Home

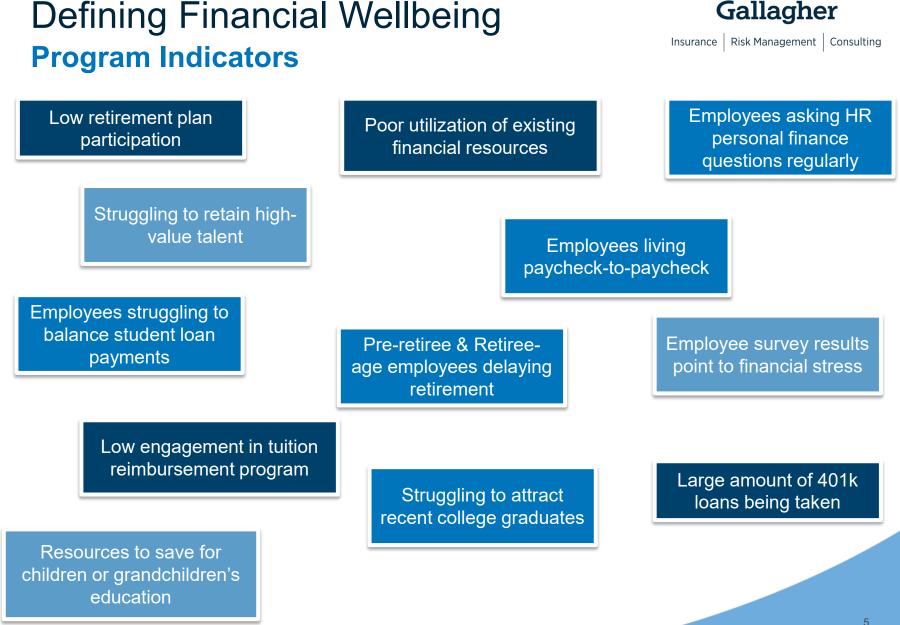


21% Productivity at Work

PWC Financial Wellness Survey 2019



PWC Financial Wellness Survey 2019



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Defining Financial Wellbeing Program Components





Defining Financial Wellbeing

Trends & Workforce Considerations

- Financial needs can be highly influenced by an individuals age and life stage/event
- Aligning and connecting individuals to the right resource at the right time can improve engagement and avoid financial missteps (and stress!)

Growth in Employer's Launching Financial Wellbeing Programs



Source: Gallagher 2019 Retirement Pulse Survey



Generation Z (ages 4-24)

- Defer to maximize the match
- Student loan debt
- Budgeting (housing, food, car, entertainment)
- HSA savings and investment
- Accidents or unexpected
 expenses (avoid debt)

Generation X (ages 40-54)

- Retirement savings
 momentum (or restart)
- Student loan debt to 529 Savings or Parental Student Loan Debt
- Lifestyle changes (second house, relationship changes)
- Parent health/caretaker
- Debt management
- Avoid retirement leakage

Millennials (ages 25-39)

- Increase retirement
 savings
- Student loan debt
- Life style changes (house, kids, advanced degree, marriage/partnership)
- Parent health/caretaker
- Debt management
- Avoid retirement leakage

Baby Boomers (ages 55-75)

- Shift to retirement income planning
- Children returning home
 (financial support)
- Lifestyle changes (second house, relationship changes)
- Spouse health/caretaker
- Debt retirement
- Long-term care

Source: Workforce demographics; Fidelity Report

The Importance of Emotional Wellbeing



Insurance Risk Management Consulting

50% of Americans are diagnosed with mental illness or disorder in their lifetime. And each year, 1 in 5 Americans experience mental illness (46.6 million)

Mental illness is the single greatest cause of worker disability in the United States.²

Employees with untreated mental health conditions use health care services three times more than those who get treatment.

More than 60% of missed workdays can be attributed to mental health conditions.

More than 80% of employees who receive treatment report improved job satisfaction.

Comorbid mental health conditions are associated with doubled healthcare costs for people with chronic conditions

Access to care is improving, but most still don't have it. 56% of adults and 62% of children with mental illness received no treatment

Mental Health America's 2019 State of Mental Health in America Report National Alliance on Mental Illness of Massachusetts, 2015 Center for Workforce Mental Health New England Journal of Medicine, Aug. 2019

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Growing need to address emotional wellbeing



- The state of emotional wellbeing is deteriorating across the U.S. population due to a multitude of factors, including but not limited to:
 - According to WHO, the health epidemic of the 21st century is stress
 - Millennial workers who largely report lower levels of emotional wellbeing
 - Accessibility to affordable high quality care
 - Societal factors e.g., rising debt, dependence on technology, chronic and epidemic proportions of sleep deprivation, growth of multi-generational caregiving
- The above are compounded by the fallout from COVID-19 as employees grapple with the anxiety of both known and unknown factor such as financial losses, career impacts, social isolation, and a general loss of normalcy
 - These impacts will reverberate through the country's collective emotional wellbeing
 - Employers continue to have a pivotal role in supporting recovery from tragedies

Your Approach to Financial & Emotional Wellbeing



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Employee Financial Concerns Pre-COVID-19



	Millennials	Gen X	Baby Boomers
Not having enough emergency savings for unexpected expenses	62%	55%	44%
Not being able to retire when I want to	18%	38%	52%
Not being able to meet monthly expenses	41%	31%	21%
Not being able to keep up with debts	29%	20%	14%
Being laid off from work	17%	17%	12%
Losing my home	5%	6%	3%
Not being able to pay for college	4%	5%	0%
Other	5%	5%	14%

Source: PWC Employee Financial Wellness Survey 2019

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Financial Wellbeing Now



Next Steps

- Contact your consultant for more information
- Financial Wellbeing Discovery Call
 - Define high-level financial wellbeing program intentions
- Potential Outcomes
 - Employee wellbeing interest/experience survey
 - Resource Inventory
 - Workforce Evaluation

Considerations

- Revisit your interest
 - Expand the discussion
- Review recent employee feedback materials (surveys, exit interviews, etc.)
- Budgetary restrictions
- Timing restrictions

Mental Health Landscape & Emotional Wellbeing







CONDITION MANAGEMENT

(PROTECTION)



EMOTIONAL WELLBEING (PREVENTION)

- Resiliency/ burnout
- Loneliness
- Relationships
- Grief/ loss
- Fertility/ infertility
- Baby/ parenting
- Caregiving
- Career change

- Depression/ anxiety
- Stress
- Crisis/ trauma
- Other mental health (bipolar, schizophrenia, etc.)
- Health plan indicators of utilization care gaps
- Substance dependency

CRISIS MANAGEMENT (INTERVENTION)

- Substance misuse
- Suicide
- Acute events
- Workplace crisis

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Fostering Access is Important





Prioritizing Mental Health





Student Loan Benefits

Top Employer Initiative

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Why Student Loan Benefits?



\$1.56 trillion

Total U.S. student loan debt

44.7 million

Americans with student loan debt

11.5%

Student loans 90+ days delinquent or in default

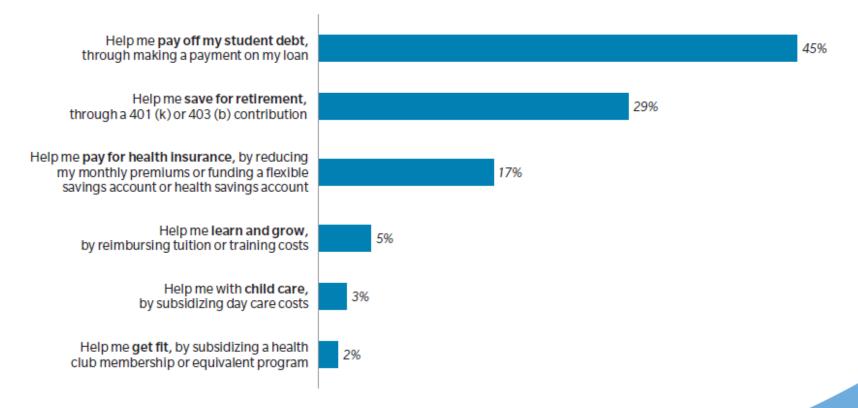


Average monthly student loan payment

Source: Student Loan Hero; https://studentloanhero.com/student-loan-debt-statistics/

Why Student Loan Benefits? Employer Case

SUPPOSE YOUR EMPLOYER OFFERED TO SPEND AN EXTRA \$200 EACH MONTH ON YOUR BENEFITS. OF THE OPTIONS BELOW, WHICH IS THE MOST COMPELLING CHOICE FOR YOU?



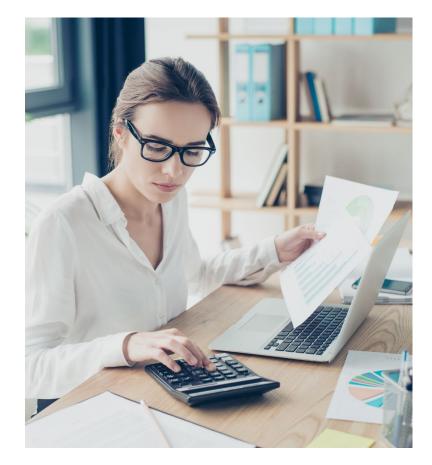
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Student Loans

 Suspends all payments due on certain federal loans until 9/30/2020

The CARES Act

- Interest will not accrue on loans for which payments have been suspended
- Suspended payments are counted as qualifying payments toward forgiveness
- Suspends involuntary collection of defaulted Direct & FFEL loans until 9/30/2020
- All suspended payments will be treated as if the borrower made a regularly scheduled payment for purposes of credit reporting
- Secretary of Education is obligated to notify borrowers whose payments have been suspended within 15 days





Strategies, Solutions and Resources Financial & Emotional Wellbeing Solutions

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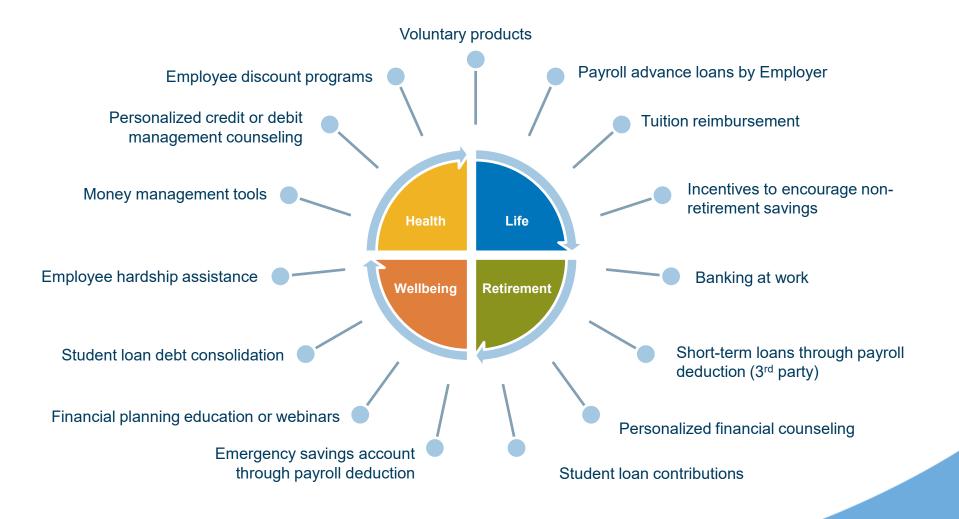
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CT.

Financial Wellbeing Initiatives





Financial Wellbeing Vendor Market Gallagher Insurance | Risk Management | Consulting GuideSpark edu(k)ate LEARNVEST GuidedChoice[®] mint Money Management Iah EverFi FINANCIAL WELL Financial **Engines**[®] FINANCIAL LITERACY commonbond Smartdollar[®] **INVESTMENTS** TECHNOLOGY gradıfı Your Money **STUDENT** LOANS HOLISTIC SoFi **Financial Fitness Group ON-DEMAND PAY & PERSONAL LOANS** TUITION.IO Enrich kaşhable Fiducius dailypay FINANCIAL **Even** PayActiv Security | Dignity | Savings TRUE CONNECT earnir H€neyBee[®]

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Employees Matter

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Student Loan Benefit Solutions



Additional

Approaches to Consider

			1
Student Loan Restructure & Refinance	Student Loan Contribution	529 College Saving	Creative/Emerging Ideas
• Offering employees the availability to refinance/ restructure through a partner to reduce payments and/or lower their loan interest rate	• A monthly or annual contribution towards the employee's student loan debt	• Offering employees the ability to contribute to a 529 plan through payroll deduction and/or making a contribution towards their 529 account	 Retirement plan integration PTO trade-in Signing Bonus Options carry additional regulatory considerations

Program Cost (generally)

Addressing Stress and Burnout



Failure to acknowledge an employee's mental health can result in absenteeism, lowered productivity, high turnover, worker's compensation claims and increased medical insurance and stress-related expenses

- Trending mental health offerings include:
 - EAP offering
 - Behavioral health telephonic/onsite sessions
 - Manager training
 - Mental Health Policies
 - Substance abuse/Opioid Addiction
 - Targeted stress and resiliency (app based programs)

- Addressing Stress and Burnout can lead to:
 - Supportive work environment
 - Open communication
 - Increased productivity
 - Strong company culture
 - Employee retention & talent acquisition
 - Greater positive well-being and personal accomplishment

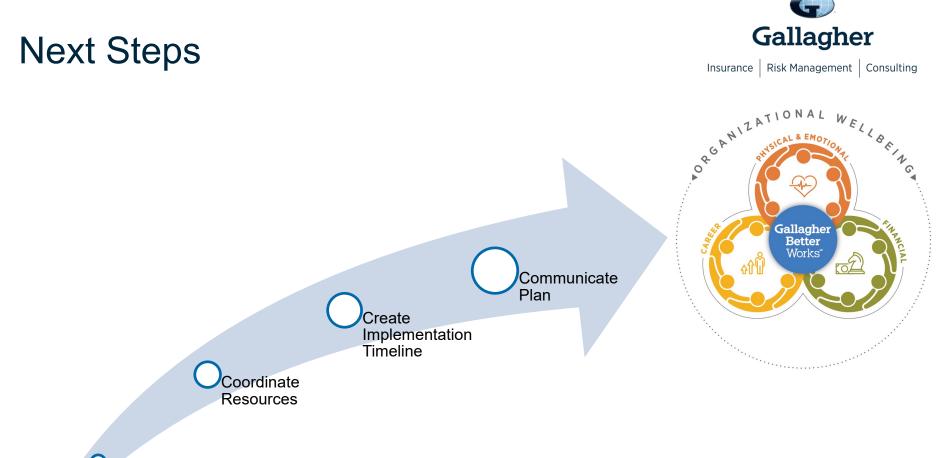


Next Steps Success Strategies

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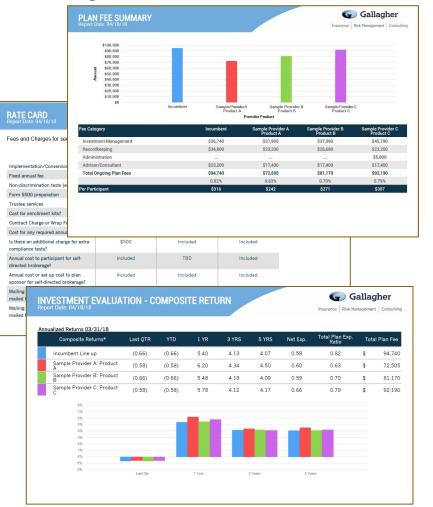
Oldentify Goals

Retirement Plan Costs

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Fee Analysis



	Correct Unexp											
Fund Informe	dien .			-	-							
Ticker	Fund Name	State	Asset Allocation	% of Assets	Total Fund Related Dipenses (Net Dipense Ratio)	125-1 Fees	Sub-Trensfer Agent / Shereholder Servicing Fees	Common Collective Trust Service Payments	Total Revenue Share to ADP (A)	Total Net Investment Management Expense (8)	Revenue Sharing Income (\$) (Assets X (A))	Total Net Investment Mgmt Expense (5) (Assets X (8))
	Invesco Stable Asset	Stable Value	\$ 88,429		1.00%	0.00%	0.00%	0.78%	0.78%	0.30%	\$ 690	
PGBOK	JPMorgan Core Bond A	Intermediate-Term Bond	\$ 427,824	3.32%	0.75%	0.25%	0.25%	0.00%	0.50%	0.25%	\$ 2,139	
PTTAX	PIMCO Total Return A	Intermediate-Term Bond	\$ \$0,046	0.40%	0.80%	0.25%	0.20%	0.00%	0.45%	0.35%	\$ 225	
WHIAX	Ny High Income A	High Yield Bond	\$ \$5,598	0.44%	0.97%	0.25%	0.25%	0.00%	0.50%	0.47%	\$ 278	
PRTNK	PIMCO Real Return A	Inflation-Protected Bond	\$ 48,520	0.36%	0.85%	0.25%	0.20%	0.00%	0.45%	0.40%	\$ 218	\$ 194
ACSTX	Invesco Comstock A		\$ 606,179		0.84%	0.25%	0.25%	0.00%	0.50%	0.34%	\$ 3,031	
JUEAK	JPMorgan US Equity A	Large Blend	\$ 97,973	0.78%	0.94%	0.25%	0.25%	0.00%	0.50%	0.44%	\$ 490	
	State St S&P 500 Inde St. Cl IX	Large Blend	\$ 452,369	3.58N	0.70%	0.00%	0.00%	0.67%	0.67%	0.03%	\$ 3,031	\$ 136
ALARX	Alger Capital Appreciation Institutional I	Large Growth	\$ 621,532	4.92%	1.14%	0.00%	0.50%	0.00%	0.50%	0.54%	\$ 3,108	\$ 3,978
	State Street S&P MidCap Index Non-Landing Series J	Mid Bland	\$ 161,686	1.28%	0.71%	0.00%	0.00%	0.63%	0.63%	0.06%	\$ 1,019	\$ 129
DEVEX	Delevere Small Cap Value A	Smell Velue	\$ 289,229	2,22%	1.10%	0.25%	0.25%	0.00%	0.50%	0.58%	\$ 1,446	\$ 1.967
EMEAX	Invesco Small Cap Equity A	Small Blend	\$ 144,774	1.15%	1.30%	0.25%	0.25%	0.00%	0.50%	0.50%	\$ 724	\$ 1,158
	State Street Russell Small Cap Ind Sec Lending Series Fund Class VII	Small Bland	\$ 143,185	1.13%	0.96%	0.00%	0.00%	0.87%	0.67%	0.09%	\$ 1,246	\$ 129
HISCK	Carlien Eagle Small Cap Growth A	Small Growth	\$ 162,316	1.28%	1.00%	0.25%	0.25%	0.00%	0.50%	0.58N	\$ 812	\$ 941
MISIO	MFS Research International R2	Foreign Large Bland	\$ 74,962	0.52%	1.10%	0.50%	0.15%	0.00%	0.65%	0.71%	\$ 467	\$ 532
	State Street International Index Sec Lending Series Fund Class VII	Foreign Large Bland	\$ 49,070	0.32%	0.92%	0.00%	0.00%	0.75%	0.75%	0.24%	\$ 366	\$ 118
HEMZK	Virtus Vontobel Emerging Markets Coos A	Oversified Emerging Mids	\$ 173,440	1.37%	1.67%	0.25%	0.20%	0.00%	0.45%	1,22%	\$ 750	\$ 2,116
ACDAX	American Century Strat Alic: Mod A	Allocation-SON to 70% Equity	\$ 18155	0.14%	1.33%	0.25%	0.35%	0.00%	0.60%	0.73%	\$ 109	\$ 133
PGNAX	PGIM Janniago Natural Baseurras A	Natural Bassurras	\$ 601,504	4,70%	1.20%	0.25%	0.25%	0.00%	0.50%	0.78%	\$ 3,008	
	DWS Beal Extete Securities &	Sarter	\$ 67,681		0.92%	0.25%	0.155	0.00%	0.60%	0.39%	\$ 406	
RETAX	T. Rose Drice Detirement 2010 R	Target Date	\$ 323,469		1.07%	0.50%	0.15%	0.00%	0.65%	0.42%	\$ 2,103	
RETMX	T. Rowe Price Retirement 2015 R	Target Date	\$ 989,147	7.63%	1.025	0.50%	0.15%	0.00%	0.65%	0.44%	\$ 6,429	
BRTDX.	T. Rows Price Bettrement 2020 R	Target Date	\$ 1,739,430	13.76%	1.13%	0.50%	0.15%	0.00%	0.65%	0.48%	\$ 11,305	
RETINE	T. Rows Price Betlyament 2025 B	Terpet Date	\$ 1,352,257	10 70%	1.175	0.50%	0.15%	0.00%	0.65%	0.52%	\$ 6,790	\$ 7,032
DOTION .	T. Down Price Detirement 2030 B		\$ 956,242	7,57%	1.195	0.50%	0.15%	0.00%	0.65%	0.54%	\$ 6,216	
BR TPX	T. Rowe Price Retirement 2035 R		\$ 746,696	5,915	1.225	0.50%	0.15%	0.00%	0.65%	0.57%	\$ 4,454	
BRTCK	T. Rows Price Betlysment 2040 R	Target Date	\$ 892,511	7.05%	1.24%	0.50%	0.15%	0.00%	0.65%	0.59%	\$ 5,601	
OR THE	T. Brown Price Betlyament 2045 B	Terget Date	\$ 941,139		1.24%	0.50%	0.15%	0.00%	0.65%	0.59%	\$ 6,117	
DUTTY	T. Errara Price Bathament 2010 B	Terpet Date	\$ 206,229		1.24%	0.50%	0.15%	0.00%	0.65%	0.59%	\$ 1,340	
BRTVX	T. Rows Price Retirement 2005 R	Target Date	\$ 141,832	1.125	1245	0.50%	0.15%	0.00%	0.65%	0.52%	\$ 922	
RETIX	T. Rows Price Retirement Balanced R	Target Date	\$ 15,026	0.12%	1.05%	0.50%	0.15%	0.00%	0.65%	0.41%	5 96	5 6
	ASSETS AS OF 06/30/2018		5 12,638,469	100%					0.61%	0.515	\$ 77,599	5 64.105
	Next 13 No VT VH NY MAI		» \$2,638,460	100%					0.01%	walk	71,590	P 04,135

I	PARTICIPANT RELATED FEES:
I	Participants with Balances: 172
	Average Participant Balance:
I	\$ 73,479.47
I	

Current Fee Breakdown:		1 1	1	Total (\$)
Record Keeping (Revenue Sharing)		0.61%	\$	77,590
Monthly Base Record Keeping (Involced)	\$184.50	0.00%	\$	2,214
Monthly Per Participant Fee (involced) \$3.03		0.00%	\$	7,905
Monthly Plan Fiduciary Advisory Services I	ee (Involced)	0.00%	\$	360
Total Adminn & Recordseeping Service Tees		0.70%	\$	\$3,06
Investment Management Fees (Net)		0.51%	\$	64,195
TOTAL CURRENT EXPENSES*		1.20%	\$	152,20
* Does not include Base Administrative	Service Fee Involced f	or All Services		
Gallagher Target Expenses:	Targets	1	1	Total (\$)
Record Keeping & Administration	(0.23%-0.35%)	0.30%	\$	37,91
Gallagher Retirement Consulting Services	Flat Fee	0.20%	\$	25,00
Gallagher Retirement Consulting Services	fist fee (0.00N-0.35N)	0.20%	\$	25,00 32,50

Question & Answer

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