



OHIO DEFERRED COMPENSATION

OHIO PUBLIC EMPLOYEES DEFERRED COMPENSATION PROGRAM

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877-644-6457

Financial Stress Impacts Employees

One of the most constant causes of stress in people's lives is their financial situation. Many people are saddled with credit card debt, others are paying for their children's education and still others are struggling to save for retirement. These sources of financial stress and others are taking a major toll on people — and it's having an impact both at home and at their places of employment.

These findings are supported by research from the International Foundation of Employee Benefit Plans, [Financial Education for Today's Workforce](#), which noted that employees' financial stress is causing an inability to focus on work, physical health concerns and absenteeism.

According to Julie Stich, associate vice president of content at the International Foundation of Employee Benefit Plans, the financial stress experienced by an employee — which can range anywhere from immediate concerns like paying monthly bills to long term considerations, like saving for retirement, — are likely to have direct impacts on their health and work performance.

To help employees, many organizations are taking action and have started to make financial education an aspect of overall wellness programs. These programs help employees educate themselves about managing their money, planning for the future and understanding investment. Ohio DC can help. We have a wide range of tools and resources available for our participants, as well as Retirement Planning Specialists and Field Account Executives who can come to your office.

If you would like to find out what is available, call our Service Center at 877-644-6457 to learn more about the services we provide, or to schedule a visit from one of our Field Account Executives. You can always visit our website at [Ohio457.org](#) to learn more.

Investing involves market risk, including possible loss of principal.