

Tools for Life – Weekly Health & Safety Meeting

The logo for Apollo Mechanical Contractors is an oval with a dark blue background. Inside the oval, the word "Apollo" is written in a white, cursive script. Below "Apollo", the words "MECHANICAL CONTRACTORS" are written in a white, sans-serif font, flanked by two horizontal lines. Underneath that, the tagline "Building People Who Build Great Things" is written in a smaller, white, sans-serif font.

— MECHANICAL CONTRACTORS —
Building People Who Build Great Things

Home Healthy - Home Safe

Date: June, 2022

Financial Safety

According to the Federal Trade Commission there are

- 9 in 10 Americans encountered a fraud attempt in 2020
- 1 in 6 people (33 million Americans) lost money to a scam last year
- Seniors over 60 years old are the most common victims of identity theft
- 3 in 10 victims of identity theft have experience it more than once
- There is a new victim every 2 seconds
- Consumers reported over \$588 million lost to coronavirus scams and identity fraud since January 2020

You work hard for your money, and you need to protect it. Here are a few tips for financial safety:

1. **Keep on top of what you are spending:** When you're careful tracking what you spend, you'll quickly notice any activity that you didn't initiate, and know immediately when fraudulent activity has occurred.
2. **Regularly check your statements:** Unlikely your bank will make a mistake, but this is another opportunity to make sure you are keeping on track with your budget.
3. **Monitor you credit reports:** Get into the practice of reviewing your credit reports, which are used to calculate you credit score. Use Experian, Equifax and TransUnion to get you free copy once a year.
4. **Budget for savings:** No matter how well you plan, unexpected expenses will arise. By having strong savings foundation that you pay into each month, you'll be well prepared for whatever life throws at you.
5. **Beware what you share on social media:** Oversharing on social media can make you target for identity theft. Even seemingly insensitive information like your birthdate, can be used to gain sensitive financial information.
6. **Prioritize safety over convenience:** While it may convenient, it's risky to save your credit card data in browsers or with online merchants, so avoid it if you can.
7. **Be careful in the non-digital world too:** A paper shredder can be a great investment. Make sure you don't leave unused credit card application or even old energy bills with your address laying around.
8. **Be mindful with passwords:** Change any online passwords with financial institutions regularly and be certain to never write them down. Don't use the same password for different logins.

HEALTHY OR SAFETY REMINDER: When traveling take extra caution and let your bank know when and where you are traveling, so they can help monitor your accounts unusual activity. At banks like wells Fargo, you can create a travel plan online or by calling the number on the back of your card.

9. **Set up notifications from your financial institutions:** Many banks and credit card companies can send you a text and email alert on your balance, transactions, and other account activity to help you monitor and protect your financial safety

Discussion Points/Quiz Questions:

1. Who are at most risk of identity theft?
2. What are some ways you can pot scams trying to get your information/money?