



On The Money

Achieving Your Financial Wellness & Dreams



CEO MESSAGE

YEAR FOR FINANCIAL FITNESS

Make 2020 the year you embrace financial fitness, and you may find that your health improves as well, at least that's what research is telling us.

A recent study conducted on behalf of Bankrate found that more than half of Americans over 18 years of age lose sleep worrying about money.¹ Lack of sleep can impact the immune system, affect hormone levels which could lead to weight gain, increase the risk of respiratory and cardiovascular disease and lead to mental health issues.² On the flip side, an article published in an Association for Psychological Science, *Healthy, Wealthy and Wise*, indicated that people who saved for their future were more likely to have improved health behaviors than those who did not save.³⁴

With numerous studies suggesting a link between finances and health, adding money goals to this year's resolutions may up your fitness game in more ways than you expect. The challenge is to set clear attainable goals and measure your progress along the way. For instance, if you want to begin saving for retirement and do not have much disposable

income left after you pay your bills, maybe start when you get your next pay increase. Even one or two percent is a start, and, best of all, it won't impact your monthly budget.

Maybe you are considering how to pay down your debt. Use our Money Management tool in online banking to plan a pay down strategy. Simply enter your credit and loan accounts and see how much you can save when you pay your balances down using the snowball method. Want to simplify your payments? Why not sit down with one of our knowledgeable representatives to see if you can consolidate your high-interest debt. Feeling too overwhelmed and looking for confidential assistance? Our partner, Greenpath Financial Wellness, offers free one-on-one financial counseling to members.

From celebrities to employers, there are many resources and programs available to help you get financially fit. Finding a partner you can trust who will guide you through both challenges and success is important. Orlando Credit Union has been helping members for more than 83 years. In fact, we were established by employer groups to provide financial solutions for their employees.



Suzanne Weinstein
President & CEO

Although the credit union continues to evolve, our commitment to financially empower members, businesses and those in our community remains strong.

We have great plans to help members achieve financial fitness in the New Year — including updates based on your feedback, new products, programs and technology enhancements. I encourage you to stay connected via our newsletters and social media, so you stay up-to-date on new developments.

Thank you for your membership and always remember we are here to help you achieve your goals.

¹<https://www.bankrate.com/credit-cards/losing-sleep-survey/>

²<https://www.forbes.com/sites/brettwhysel/2018/06/27/3-vicious-cycles/#47d77508540d>

³<https://journals.sagepub.com/doi/full/10.1177/0956797614540467>

MEMBER Benefits



THERE'S NEVER BEEN A BETTER TIME TO SWITCH TO SPRINT

Cash Rewards & More

- Get up to \$200 cash when you switch two lines, plus lines 3, 4 and 5 are FREE
- Plus, \$100 Annual Loyalty Cash Rewards and 25% off accessories in Sprint retail stores

Nothing To Lose & Savings That Add Up

Credit union members can try Sprint's improved LTE service for 30 days worry-free. If you're not

100% satisfied, Sprint will refund phone costs, service costs and fees.

It's Easy, Here's How It Works

1. Register your new line(s) at LoveMyCreditUnion.org/SprintRewards.
2. Switch to Sprint and mention you are a credit union member.
3. In six to eight weeks, your cash rewards will be deposited directly into your account.

Visit LoveMyCreditUnion.org/Melvin to learn more.

Cash via deposit: \$100/line, max 2 lines. Req. new line activ. on eligible plan and registration at lovemycreditunion.org/sprintrewards within 30 days of activ. Loyalty Reward: Via deposit. \$100/yr./acct. Unlimited Basic: after 1/31/2021 pay \$60/mo for line 1, \$40/mo for line 2 and \$20/mo/line for lines 3-5 with AutoPay. 1 Hulu ad-supported plan per eligible Sprint acct. MHS reduced to 3G speeds after 500MB/mo. SD video streams up to 480p, music up to 500Kbps, gaming up to 2Mbps. Data deprioritization during congestion. other mo. charges apply.



TREAT YOURSELF TO YOUR MAXIMUM REFUND AND A CHANCE TO WIN \$25K

Orlando Credit Union has teamed with TurboTax to save you up to \$15 on TurboTax and a chance to win \$25,000.

TurboTax makes it easy to find the best solution for your unique tax situation. Simple filer? Homeowner? Independent contractor, freelancer or side-gigger? TurboTax has a product that is right for you.

You can file with confidence knowing that TurboTax guarantees 100% accurate calculations, running thousands of error checks as you go. And with TurboTax you'll get your biggest possible refund fast.

Start TurboTax today for free and be entered to win!

Visit turbotax.intuit.com/lp/yoy/guarantees.jsp for TurboTax product guarantees and other important information. Limited time offer for TurboTax 2019. Discount applies to TurboTax federal products only. Terms, conditions, features, availability, pricing, fees, service and support options subject to change without notice. Intuit, TurboTax and TurboTax Online, among others, are registered trademarks and/or service marks of Intuit Inc. in the United States and other countries.

TurboTax \$25,000 Sweepstakes. NO PURCHASE OR FINANCIAL DISCLOSURE NECESSARY. Open to legal residents of the 50 United States or the District of Columbia, 18 years of age or older at time of entry, who are customers of participating Financial Institutions or employees of participating businesses. Void in Puerto Rico and where prohibited by law. Sweepstakes ends 2/13/20. Subject to complete Official Rules and all applicable federal, state and local laws. For Official rules including participating Financial Institutions and businesses, odds of winning, alternate method of entry, and prize descriptions, visit the Official Rules. PRIZES: 1 Grand Prize: A check for \$25,000. Retail value, \$25,000. 12 First Prizes: A check for \$1,000. Retail value, \$1,000 each. Maximum retail value of all prizes is \$37,000. The odds of winning a prize depend upon the total number of eligible entries received by the end of the Promotion Period. SPONSOR: Intuit Inc., 7535 Torrey Santa Fe Rd, SDG-1A-04-05B, San Diego, CA, 92129.

FINANCIAL Wellness Tips



STAY HEALTHY AND WEALTHY IN THE NEW YEAR

When you make those New Year's resolutions, you're thinking about fresh starts and the year ahead. What you might not realize is that some resolutions also could save money. Here are five popular resolutions and how much you could save if you make these changes in the new year:

Quit smoking: You can save money by stopping a pack-a-day habit, which can cost between \$1,825 and \$3,650 per year, depending on the cost of cigarettes in your area. Nationally, a pack-a-day smoker is going to average \$2,000 annually on cigarette costs.

Exercise regularly: You'll save money in several ways with regular exercise. On average, Americans are spending \$7,800 annually on health care, according to the National Association of Health Underwriters. But exercise brings real savings. "If people are eating right and exercising three times a week for 20 minutes a day, they see prescription costs decrease by 70 percent and medical costs decrease by 30 percent," says Ric Edelman of Edelman Financial Services.

Eat healthier: A healthy eating plan can be as — or more — economical than fast food. It's a total myth that eating healthy is expensive. Buy smaller, but leaner cuts of meat, eat protein-rich beans and buy produce in season when it's freshest and least expensive. A smaller amount of a leaner cut can slice your food bill and your bad cholesterol.

Build up an emergency fund: Nothing takes the stress out of financial situations like spare cash. But it can also save you money. Having money set aside can be your answer to unexpected bills. You can always set aside cash in your Savings Account or Vacation Account at Orlando Credit Union; you can apply a small amount of your pay check towards this account, so you make sure it is hidden from you.

Source: www.edelmanfinancial.com



DEBT-FREE IN THE NEW YEAR? STEPS TO GET OUT OF DEBT FASTER

If you're one of the millions of Americans who added "be debt-free" to their New Year's resolutions, check out these simple steps to help you get out of debt as quickly as possible.

- 1 List your debts and interest rates.
- 2 Focus on the highest rate debt.
- 3 Transfer your balances.
- 4 Pay yourself first.
- 5 Spend less.

Want to know more? Read the entire articles at OrlandoCreditUnion.org.

MAKE SPACE FOR LIFE'S MAGICAL MOMENTS

Transfer your balances to an Orlando Credit Card

- No balance transfer fee
- Earn rewards for every \$1 spent
- 25-day grace period on purchases
- No annual fee
- No cash advance fees
- Enhanced spending power with Visa® Checkout

NO BALANCE
TRANSFER FEE —
PLUS, EARN REWARDS
FOR EVERY \$1 SPENT!
1.99%
APR*
FOR 12 MONTHS



Stop by a branch, visit our website, or call us to apply!



Visit OrlandoCreditUnion.org for branch locations and hours or call us at **407.835.3500**.

*APR=Annual Percentage Rate. Promotional balance transfer rates for balances transferred on or before February 29, 2020. Rates range from 1.99% to 18% APR based on creditworthiness. Call for details. The promotional rate will be in effect from the time of the posting of the balance transfer to your card account until February 28, 2021, which will be considered the promotional period expiration date of that specific balance transfer. After the expiration of your "promotional" rate, the remaining unpaid portion of the original balance transfer request will be subject to the then-current variable APR as outlined in your card agreement. Current rates range from 9.50% APR to 18.00% APR. Offer not valid for Orlando Credit Union Credit Card balances. All payments received on your account in excess of your minimum payment requirement will be applied first to the highest rate balances. All rates are effective as of January 1, 2020. This offer may be withdrawn at any time. Promotion ends February 29, 2020. Other restrictions or conditions may apply. Allow at least 30 days for your creditor(s) to receive payment. You are obligated to make your monthly payment(s) until your creditor(s) receive the payment. Orlando Credit Union is not responsible for any late payments, finance charges, or additional fees charged by your creditor.



JOIN US FOR OUR ANNUAL MEETING

Our 84th Annual Meeting
will be held on
Tuesday, April 21, 2020.

Save the date!