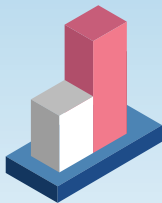


PAYROLL HAS THE POWER



Why Financial Wellness Matters

For the past decade, the Canadian Payroll Association has conducted research of working Canadians to understand their savings, spending, debt and retirement planning. This research consistently shows:



About half of Canadians live pay cheque to pay cheque



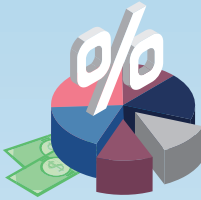
Three-quarters of people save only 25% or less of what they feel they will need to retire



1 out of 4 could not come up with \$2000 within a month in an emergency

Improving your financial wellness means you can:

✓ Better prepare for retirement, emergencies or major life events



✓ Reduce workplace stress stemming from financial concerns

✓ Grow your knowledge of finances to feel more “in charge” of your personal situation

What Does it Mean to “Pay Yourself First”?



Pay Yourself First means just what it says. Before you have a chance to spend your money elsewhere, use some of that money to improve your financial wellness — by contributing to personal and/or retirement savings. Treat yourself the same way you would treat a bill that needs to be paid, by making it a habit to automatically contribute to yourself and your future.

The Canadian Payroll Association, and many other financial experts, recommend that you should aim to save, or “pay yourself” 10% of your net pay, each and every pay.

How Can Payroll Help You

If you are a working Canadian, the payroll representative or payroll department at your workplace can be a great resource.

Two-thirds of Canadian employers currently offer *Pay Yourself First* programs that can help you save. Many other employers are looking to implement these programs. Do you know what your employer offers?

Payroll can:



Arrange for automatic deductions from your pay into a separate retirement or savings account



Provide financial literacy information on subjects like wages, deductions (including those such as Canada Pension Plan, Quebec Pension Plan, Employment Insurance and Quebec Parental Insurance Plan), taxable benefits, and more



Answer questions related to your pay and any other applicable programs offered by your employer (such as company pension or benefits plans)



Direct you to further resources or information to help grow your financial wellness



**Talk to your payroll professional today.
Payroll has the power to help you.**