

## The AAMC Financial Wellness Program

*Managing money is something we all must do. Some people are better prepared and/or more experienced than others but improving your skills and learning new tips are part of an on-going financial journey.*

### About the Financial Wellness Program

It's a free, online, financial education resource, that provides a variety of financial topics to help students, residents, and practicing physicians become more financially savvy.

### Why Should You Use It?

If you want to learn tips and tools to help you manage your money or set up a budget and track expenses, then this program is for you. This tool can also help you learn more about financial topics that you will likely encounter after graduation, such as buying a home, deciding on insurance, or buying a car.

### Set Up Your Account

#### To set up a student account:

1. Visit [aamc.org/financialwellness](http://aamc.org/financialwellness)
2. Under "Need to Register?", select your school (UC Davis School of Medicine)
3. Complete the registration form

**Note to Schools:** If you are a school employee, you can set up a "school staff" account in the same way as indicated above. If you are a school administrator and would like to set up an administrator account to obtain report information, please email FIRST at [FIRST@aamc.org](mailto:FIRST@aamc.org) for more information.

### Courses

After logging into your account, from the courses tab you will see all the

available learning experiences. You can read information, watch videos, take quizzes, obtain grades, and even print a course completion certificate.

Some of the available courses include:

- Budget Basics
- Buying a Car
- Financial Basics
- Financial Planning
- Financial Trouble
- Having a Baby
- Identity Theft
- Managing Credit
- Saving and Investing
- Understanding Insurance

### Library

Within the library, you can browse hundreds of financial resources. You can also access interactive tools and calculators to help you actively make decisions and learn about various financial topics. Some of the exercises include:

**Financial Health Check** - Measure your financial wellness.

**Auto Loan Calculator** - Estimate your monthly car payment.

**Chronic Debtor Assessment** – Obtain feedback on your spending behavior.

**Financial Goals** – Set your short and long term financial goals and store them within your account.

**Mortgage Calculator** – See estimated payments and learn about potential tax breaks.

### Conversations

From this tab, you can quickly connect with the FIRST Team, the administrator of the AAMC Financial Wellness program. Messages are sent using site-based messaging and include confirmation when your message is read. Please allow one business day for a response.

### Portfolio

Your portfolio gives you instant access to all AAMC Financial Wellness accomplishments.

As you complete assigned courses, exercises, and other activities, your portfolio grows to reflect your work.

You can export your portfolio to a variety of formats for easy access anywhere.

You can also share your accomplishments with anyone, including financial coaches, advisors, or family members. Within this tab, you'll never lose the work you do.

AAMC Financial Wellness



Access free financial calculators, articles, and videos to help you create a budget, track your spending, create financial goals, and enhance your financial knowledge about credit, financial planning, money management, and more!