

Subject Line: Take full advantage of your workplace benefits  
Preheader: Mid-year money check up, planning for health care costs, retirement savings basics



## Welcome to FidBits!



A construction industry worker standing at a building site.

Make informed health plan choices after viewing our video that explains what you need to know. Our discussion will help you learn more of the lingo before you need to make specific choices, and how to consider your payment options.

[CLICK HERE](#)

### Amount. Account. Asset Mix.

Go back to school with our 3 A's for Retirement Savings. You'll learn how to approach your long-term saving goals with this quick read.

[READ MORE](#)

### Helping women make their goals a reality

Learn why things are different for women. Choose your goals – such as growing emergency savings and paying education costs – and we can help you put your money to work so you can reach your goals sooner.

[LET'S GO](#)

### Prepare for health care costs in retirement

View this on-demand workshop to learn about one of the largest expenses in retirement. You can take steps now, such as planning such as planning ahead and choose a savings path that works best for your future.

[LEARN MORE](#)

Have questions or not sure where to begin? Click below to get answers!

[GET HELP](#)

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