



## FidBits

**BENEFOMO:**  
The fear of missing out on your benefits

46% of employees don't use all their PTO<sup>1</sup>

41% of employees aren't contributing to their employer-sponsored retirement plan<sup>2</sup>

BENEFOMO:  
the fear of missing out on your benefits.

Do you have FOMO on your workplace benefits? The fear of missing out is real. Sure, companies offer health, paid time off, and retirement—but did you know many also offer benefits that can help you maximize the life you're living right now? Annual enrollment season is here, and we've got the info on health and other benefits so you can make next year your best year yet.

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### The election and your money

What difference could the election make in your personal finances? Browse information about the potential impact on taxes, health care, and education expenses.

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### NEW Fall event series

Join the Women Talk Money team and guests Shelley Zalis, founder and CEO of The Female Quotient, and Arianna Huffington, founder and CEO of Thrive Global, to learn how to make the most of your income and more, beginning October 17.

[REGISTER HERE](#)

### Your data? Secured.

Read on for 5 ways to protect yourself after a data breach, plus 4 more measures you can take anytime to enhance your security.

[GET TIPS](#)

### Seasonal saving ideas

Cheddar. Benjamins. Cabbage. No matter what you call it, use this fall savings checklist to see ways to save more cash on everyday expenses.

[GO NOW](#)

### Hairy, scary money questions

Ever feel like everyone else has it all together when it comes to money? Spoiler alert: they don't. Watch this episode of Money Unscripted for ideas to help you get started with budgeting and saving.

[WATCH EPISODE](#)

### Save for the unexpected

Start to build some emergency savings by setting aside \$1,000 over time. This guide to emergency savings covers what you need to know to get started.

[READ NOW](#)

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

[GET HELP](#)

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1. "More than 4 in 10 U.S. workers don't take all their paid time off." Pew Research Center, August 10, 2023.  
2. KFF 2023 Employer Health Benefits Survey, October 18, 2023.

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