

Wellness MENU



DID YOU KNOW?

You can sign-up for a **1:1 meeting** with a Principal Advised Services registered adviser representative to help with key financial decisions related to your 401(k) account.

[Register here for your virtual 1:1.](#)

EXPLORE

Principal

PRINCIPAL MILESTONES

Log into your [Principal](#) account and scroll down to Financial Wellness. You'll find articles, videos, calculators, worksheets, and more, all designed to help you navigate your financial journey.

403b Match

- 0 - 2 YEARS: 5%
- 3 - 5 YEARS: 6%
- 6 - 9 YEARS: 7%
- 10 + YEARS: 8%

FINANCIAL RESOURCES

Principal

- ✦ [Access your Account](#)
- ✦ [Update Contributions](#)
- ✦ [Webinars](#)

Additional Resources

- ✦ [Finance Apps for Teachers](#)
- ✦ [Budgeting Template](#)

SOCIAL + MENTAL

[Summit Counseling Center](#)

[Employee Assistance Program](#)
company code: metlifeeap

[Teacher Discounts](#)

[Headspace for Educators](#)

REMINDER!

Join the slack channel #15for15 to be a part of our fun fitness challenge and have the chance to win a prize on the 15th of every month!

NUTRITION

As a MV employee, you can receive 25% off your [GFC order](#). Just use the promo code [purpose](#).

PHYSICAL

Physical Wellness with Hiro

Athletic Trainer Hiro Kariya offers services (injury evaluation & consultation, cupping, and dry needling) to faculty/staff. **He's available most afternoons for one-off appointments.**

Wellness RESOURCES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Faculty Facial 12:45 - 1:15 pm <i>Message Lily Catano for a facial with free supplies</i>	Walking Trails Be one with nature and explore the MV walking trails on your own or with friends.	Pottery 3:30 - 4:30 pm Every other Thursday starting on 9/12 <i>Message Lynn Luster</i>	
		Pelotons Take advantage of the 5 Peloton bikes and join the Slack channel #MVMoves		