Money Mindset
Financial Wellness Challenge

healthy IU
LIVE YOUR BEST YOU.

FREQUENTLY ASKED QUESTIONS

Who can join the Money Mindset Challenge?

Anyone and everyone! For full-time employees and their spouses, there is also a participation incentive: a journal that will be helpful to jot down things like spending, ideas, goals, and brainstorms during the challenge. (Journals available on a first-come, first-serve basis, while supplies last.)

What is the timeline of the challenge?

- **Challenge begins:** September 9
- **Registration open:** Through September 8
- **Challenge ends:** September 30
- **Deadline to Complete your Personal Online Tracker:** October 7

I'm not receiving my e-mails for the challenge.

Healthy IU sends Challenge e-mails and reminders via Qualtrics. Qualtrics admins sometimes come across the situation of Qualtrics users not receiving e-mails. Their advice is to reach out to UITS support (or your TechSelect rep, if you are a TechSelect client), who will work with you to make sure there is nothing in your e-mail settings filtering out Qualtrics items. **If you are not receiving emails from the challenge, and they're not in your spam/junk folders, here is how to contact UITS or TechSelect for support:**

- UITS support: https://uits.iu.edu/tech-help
- UITS TechSelect (if you are a TechSelect client): https://techselect.iu.edu/

Why are you doing a financial wellness challenge?

There are 8 Dimensions of Wellness, and Financial Wellness is one of them! The dimensions are interconnected, so taking steps to improve financial wellness can improve other areas like emotional, physical, and social wellness, too!

How can I get more in-depth info on specific topics like saving, debt, credit, and retirement?

This challenge will help you with general knowledge about your financial habits and values. For specific information on topics like saving, debt, retirement, credit, and more, IU MoneySmarts will be offering some fun programs after the challenge is over! Click here to sign up for the IU MoneySmarts additional programs!