

## Four in five

(79%) working adults think employers should be more aware of their employees' financial struggles.

## Americans are Looking to **Employers for Financial** Wellness Benefits

87% of U.S. working adults say they are stressed to some degree about their finances.



All generations are feeling stress when it comes to their finances



Gen Z



Millennials



Gen X



**Baby Boomers** 

The increase in inflation has put stress on working adults, and it is spilling over into the workplace

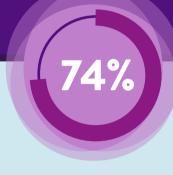


63% say they are

less productive at work because they are stressed about their personal finances.



32% say they spend half an hour or more during the workday thinking about their finances.



74% can sense that more of their coworkers are worried about their personal finances due to inflation.

Inflation and financial stress are causing many Americans to question their financial futures



58% Have been

contributing less money toward retirement due to inflation.

their financial situation



Feel like they will not

comfortably if they only invest in their employer-sponsored financial plan.

be able to retire



Know someone who is

delaying retirement because they have not saved enough money.

Many working adults are unsure how to navigate



money they need to

retire comfortably.



planning they have learned through their employer-sponsored financial plans.



plans (e.g., 401k) are not the best, but they do not feel financially savvy enough to find a better plan.

Americans feel employers can help ease the financial stress of

employees by providing financial wellness benefits



retirement planning resources to ensure employees have enough money saved for retirement.



employer offered more financial wellness benefits.

With inflation on the rise, it is more important than ever for Americans to be equipped with the proper financial knowledge and support to reduce financial stress, plan for retirement and ensure they are receiving adequate financial benefits from employers. NAPFA-affiliated fee-only financial advisors can help Americans navigate these areas, improving overall financial wellness.

