



FUTURE READY BENEFITS

FREE RESOURCES TO HELP YOU AFFORD HIGHER EDUCATION.

We've partnered with FAME (Finance Authority of Maine) to bring you Future Ready Benefits. This full suite of resources is designed to help you navigate the cost of higher education—from managing student loan debt to saving for your child's future. All at no cost to you.

HOW FINANCIAL STRESS CAN AFFECT US:

69% of Americans say financial uncertainty has made them feel depressed and anxious.¹

78% of Americans report losing sleep due to financial worries.²

76% of Americans feel completely isolated in their struggle with financial anxiety.³

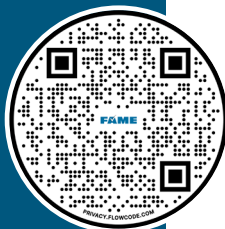
How FAME can help.

- **One-on-one guidance:** Talk to a FAME expert in-person or virtually for advice on affording higher education.
- **Saving for college:** Get a clear plan to start or grow your family's education savings.
- **Financial Aid Support:** Get help with the FAFSA as well as finding grant and scholarship opportunities.
- **Practical financial skills:** Free tools and courses to help you master budgeting, credit building, and more.

TAKE THE FIRST STEP.

This support is **100% free and confidential** for all employees. Scan the code to explore our free education affordability resources. You can also book a free appointment with a FAME Education Affordability Counselor.

FAMEmaine.com/get-future-ready



¹ <https://news.northwesternmutual.com/2025-06-03-Nearly-70-of-Americans-Say-Financial-Uncertainty-Has-Made-Them-Feel-Depressed-and-Anxious-According-to-Northwestern-Mutual-2025-Planning-Progress-Study>

² <https://www.singlecare.com/blog/news/stress-statistics/>

³ <https://harbormentalhealth.com/2025/07/01/impact-of-financial-anxiety-on-health-2025/>

