

KNOW YOUR NUMBERS

Get a FREE screening and a \$25 gift card*

Your health is important—and so is your time. Take a few minutes to get a snapshot of your current health status and you could receive a \$25 gift card. Visit princegeorgescountymd.gov/levelup for details on the Know Your Numbers campaign and to register for your screening.

*The first 1,000 Prince George's County Government employees to register for and receive a screening during the Know Your Numbers campaign will receive a \$25 gift card.

Wellness Wednesday

Level Up

Elevate your total wellbeing.

OHRM Office of Human Resources Management



ARE YOUR FINANCES SECURE?

There's more to financial wellness than retirement planning, paying down debt or building an emergency fund. Identity theft is also a priority. Are you confident that your hard-earned money is safe? Protecting yourself from fraud and identity theft is important. When someone becomes a victim, their personal information, money, time and even their health are at risk.



FRAUD-PROTECTION CHECKUP

It's important for everyone to take steps to protect themselves from fraud, which includes guarding your Social Security number and other personal information that could help an identity (ID) thief steal your money and your identity. And now is a good time to give yourself a fraud-protection checkup, especially as data breaches have been occurring throughout the world in various industries. The following are best practices to protect your data:

- **Keep up with news reports of data breaches, so you'll be prepared to take extra steps to protect your identity if you are affected.** Some data breaches expose names, email addresses, and phone numbers. Theft of such data puts you at risk for phishing scams, in which ID thieves try to gain additional personally identifying information via email or phone by posing as a government or financial institution. Never respond or reply to these tactics — and do not give out your account numbers or Social Security number to anyone who calls or emails you. Always check their identity and call the institution to verify.
- **Be very careful with your Social Security number.** If an ID thief gets access to your Social Security number, the threat of identity theft rises considerably. See if any company you do business with provides access to any free credit-monitoring services to help you check your credit reports for suspicious activity. Find out how long this service will last, and check if you'll have to start paying for it if you don't cancel it after a year or two. You should also review your credit reports yourself, which you can do free every 12 months at www.annualcreditreport.com.
- **Consider a credit freeze.** Freezing—or suspending—your credit prevents new lenders from reviewing your credit report, making it more difficult for ID thieves to open new credit in your name. Credit bureaus do not charge a fee to place or lift a freeze, which you will need to do if you apply for a loan. Initiate a freeze by contacting each of the three credit bureaus (Equifax, Experian, and TransUnion), and get more information about protecting yourself from ID theft by visiting the Federal Trade Commission's ID theft resources at www.ftc.gov/idtheft.

In order to maintain financial wellness, you need to protect your finances. Aim for financial peace of mind and safeguard your information.

Office of Human Resources Management
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