

# Personal Finance Management

Online at  
[www.navyfcu.org/pfm/](http://www.navyfcu.org/pfm/)

1-888-842-NFCU  
(6238)

International  
1-800-0-842-NFCU  
(6238)

TDD for the  
hearing impaired  
1-888-869-5863

Write to  
Personal Finance  
Management  
Navy Federal  
Credit Union  
PO Box 3000  
Merrifield, VA 22119-3000

Or visit a local branch



## Personal Finance Counseling

Navy Federal Credit Union offers Personal Finance Counseling *at no charge* to help answer your personal money management questions. You don't need to be in debt to take advantage of this free service.

### A variety of ways to assist you

**Productive Counseling**—We can help you recognize, set and achieve financial goals by providing solid advice. For example, you might want to save for a down payment on a car, but can't seem to do it. We can show you how to set up a budget and stick to it.

**Preventive Counseling**—Navy Federal can help you determine your financial status and develop money management skills to avoid or solve financial problems via phone counseling. Example: A two-income couple with a baby on the way realizes that their financial situation is going to change drastically. Personal Finance Management can help them develop a savings plan (to draw upon while the wife is on maternity leave), as well as a new budget that includes items for the new family member (food, formula, child care, etc.).

**Remedial Counseling**—We can help you deal with a financial crisis through a Debt Management Program. For instance, a recently divorced man finds himself responsible for all consumer debts incurred by the couple while married, plus the added expense of alimony and child support. Suddenly he is over his head in debt. If he has sufficient disposable income (after taxes and household expenses are deducted), he can voluntarily enter the Debt Management Program. Navy Federal contacts his creditors and requests that they accept reduced regular payments until he's financially stable and able to resume handling his own obligations. The member sends his monthly disposable income to Navy Federal in time for us to distribute it among his creditors. (NOTE: This is not a bill-paying service; only members who are unable to meet their contractual obligations to their creditors are eligible for enrollment.)

## Credit Bureau Report (CBR) Counseling—

Navy Federal has certified Credit Report Reviewers who can assist you with an in-depth analysis of your credit bureau report, offer suggestions for improving your credit rating and score, and for preventing identity theft.

### Where to start

**For Productive Counseling**—Write for a copy of *Navy Federal's Dollar Discipline Works!* brochure, or pick up a copy at any branch.

### For Preventive, Remedial or CBR

**Counseling**—call, submit the personal finance information sheet online or get one at any branch and submit it to Navy Federal headquarters with the most recent copy of your pay stub or Leave and Earning Statement.

**More on CBR Counseling**—You are entitled to receive yearly one free copy of your credit bureau report from each of the three reporting agencies (Experian, Equifax and TransUnion). Get your copies from [www.annualcreditreport.com](http://www.annualcreditreport.com). Submit any copy of your report to us with a completed personal finance information sheet and proof of income. A Personal Finance Specialist will contact you when we receive it.

### Confidential service

Personal Finance Counseling is purely voluntary and confidential. No report is made of the request or that counseling has been given. However, if a Debt Management Program is established, credit reporting agencies and creditors will be advised by Navy Federal in order to make other existing and potential creditors aware of the member's voluntary enrollment and to maintain the integrity of the program.

### The benefits

Navy Federal can help you achieve freedom from financial worry, as you develop money management skills and find that you are in control of your money, not the other way around!

# Personal Finance Management

## Check your financial health

### Personal Money Management Quiz

Yes or No	Are you:
Y N	1. Balancing your checkbook with your statement of account each month?
Y N	2. Putting money into an emergency savings account and leaving it there?
Y N	3. Able to save for such upcoming needs as periodic expenses and long-term goals?
Y N	4. Making minimum payments on your revolving credit accounts (credit cards)?
Y N	5. Postdating checks to give yourself some extra float time?
Y N	6. Unaware of how much debt you owe and to whom?
Y N	7. Borrowing money from family or friends to pay for regular household expenses such as rent, food and clothes?
Y N	8. Taking out new loans to pay off old ones, or extending loans in order to lower monthly payments?
Y N	9. Using cash advances from one credit card to make payments on others?
Y N	10. Receiving phone calls and notices from creditors?

## The results

- If you answered "yes" to questions:
- 1-3 —EXCELLENT, keep up the good work.
  - 4 & 5 —Pick up Navy Federal's brochure *Dollar Discipline Works!* or consider calling Personal Finance Counseling.
  - 6-10 —Call Personal Finance Counseling!

