Why not make maximizing your employee benefits one of your New Year’s resolutions this year? Many employers provide health insurance, paid time off and other perks. Yet, year after year, people continue to leave employee benefits on the table.

Basic estate planning is a great way to utilize your group legal plan. Here are three documents you should work on with an attorney, if you don’t already have them prepared:

- A will, which outlines exactly what happens with your property after you’re gone.
- A durable power of attorney for financial matters to indicate who can make financial decisions on your behalf.
- An advanced health care directive to make sure someone can make medical decisions on your behalf.

Read more on our blog this month.

DON’T CHARGE YOUR SMARTPHONE OVERNIGHT

But if you do, take the case off and don’t stack anything on top of it. You don’t want the battery to overheat. Also, plug your phone in before you hit 20% power.

These are just a few ways to help prolong the life of your smartphone battery.

Legal Resources offers seminars throughout the year on many of life’s important topics, including Will Preparation, Real Estate, Legal Wellness, Identity Theft, and more.

The New Year is a great time to remind yourself to use your Legal Resources Plan. Whether you’re considering buying a house or preparing your will, these seminars provide great tips and insight into the process.

Talk to your Human Resources representative about scheduling a seminar with us.
SOMETHING DIFFERENT

STICK WITH YOUR WORKOUT ROUTINE

Once the reality of a long winter sets in, Netflix and takeout can easily overcome cardio and good nutrition. It happens to the best of us. Here’s how to maintain your motivation:

- **Buy workout clothes.** You’ll feel bad if you don’t use them.
- **Prep snacks and meals.** Having carrots and peppers already cut up will make it easier to skip the chips.
- **Start with baby steps.** Committing to five or six mornings a week is a great way to burn out quickly. Start with just two or three workouts a week and build your routine from there.
- **Find a gym buddy** – not just for the accountability factor but also just because it will make going for a run seem like more fun.
- **Sign up for a race.** There’s usually a charity component involved. That way, you can stay motivated and make the world a little bit better, too.

MEMBER TESTIMONIALS

With my Legal Resources benefit, I received helpful advice that allowed me to avoid taking an ongoing issue to court. It has also relieved a lot of financial stress from me and my family by using the plan to cover closing costs on my home, preparing my will, and assisting with other beneficiary documents.

- Kevin C.

MISSION:

The mission of Legal Resources is to provide superior legal services to our members, enabling them to lead active, healthy and worry-free lives, free of major legal expenses.

Legal Resources Blog

The articles featured in this issue of LegalSmart and more can be found at legalresourcesblog.com

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