

OPTIMA EAP THOUGHT OF THE WEEK

October – Spending

According to a 2022 survey by C+R Research, Americans spent an average of \$219 monthly on streaming services. However, most of those surveyed estimated that they spent only \$86 a month.¹

It is easy to forget about convenient, auto-pay arrangements and then overlook rate increases. This illustrates how you can lose track of your spending without noticing.

Minding all your regular expenses can help you stay on track with your larger financial goals.



EAP Thought of the Week is developed exclusively for Optima EAP clients by the Optima EAP staff.

**Optima EAP is available to assist when you experience challenges at home or at work.
Call to schedule a confidential appointment with a licensed clinical professional.**

1-800-899-8174

Visit our website at [OptimaEAP.com](https://www.OptimaEAP.com) for additional topics and information.



© 2023 Optima Health, All Rights Reserved

¹ [Subscription Service Statistics and Costs | C+R \(crrresearch.com\)](https://www.crrresearch.com)