

Ideas for managing debt

Consider paying credit card debt first, as it usually has the highest interest rate:

- Make a list of all debts. Credit card debt will often top the list to pay first, as interest rates can be 18 percent or more on unpaid balances.
- Consider paying the card with the smallest balance first. Getting the lowest-balance card paid in full will give you a great confidence-boost to pay off the debt from other higher-balance cards.
- Consider making payments with the cash you have on hand. By not using your credit card for purchases, you'll only make purchases with the cash you have available. This will often result in less spending.

Get a copy of your free credit report and know your credit score:

- You can receive a free annual credit report from each of the three credit bureaus (Experian, TransUnion and Equifax). Order your free credit report at annualcreditreport.com* or call 1-877-322-8228.
- Your credit report is used by lenders to determine your credit score.
- Credit scores are based on information contained in your credit reports. The most widely used by lenders is called a FICO score. It ranges from a low of 300 to a high of 850. The higher the score the better. Each credit bureau calculates its FICO score based on information in the credit report, so an individual's FICO score will vary by reporting bureau.
- Lenders categorize FICO scores as follows: a score under 580 is poor, 580 to 669 is fair, 670 to 739 is good, 740 to 799 is very good, 800 to 850 is exceptional.
- The credit bureau, Experian, reports that 66 percent of Americans have a "good" FICO score or better.
- Credit reports can be ordered directly from the three credit bureaus, and some vendors will provide free credit reports if members sign up to receive information on credit services. The credit bureaus charge nominal fees to produce individual credit reports.
- A credit score will determine access to credit, the cost of credit and its availability. Those with the highest FICO scores get the best terms from lenders.

The information in this document is intended only as an educational tool and for general informational purposes. It is not intended to, nor shall it, constitute specific financial advice or services. You should seek the advice of your own financial consultant or other expert consultants regarding your individual financial wellness condition and what steps could possibly be taken to improve it.

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Topic: Deep breathing meditation

Wednesday, May 1, 2019

8 to 8:10 a.m. Eastern time

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