

# Connect

Spring 2024

YourStyle  
FINANCIAL



## Choose Your Hard!!



**Doug Buss, President**  
CFP, CLU, CPCA, CEA, RWM

I recently came across the **CHOOSE YOUR HARD** infographic shown on this page. It really spoke to me! Having worked with clients of all ages from all walks of life, it's abundantly clear, that everyone

can choose their hard. But it does mean taking ownership of that choice. Sometimes, that choice is a complete reversal of the current path you may be on. But you **can** CHOOSE YOUR HARD!

One of my favourite stories is of clients who want to be more financially responsible, but also don't want to give up the ease of a trip to their favourite coffee shop or dining out frequently. You can **choose** to make your own coffee at home and prepare your own meals to save money, or you can continue down the same hard path. If you are finding that your journey is becoming too hard and you are not progressing the way you would like, reach out!

It's your choice, but we, at YourStyle Financial are here to help you every step of the way.

**CHOOSE WISELY.**

Marriage is hard. Divorce is hard.

**CHOOSE YOUR HARD!**

Obesity is hard. Being fit is hard.

**CHOOSE YOUR HARD!**

Being in debt is hard. Being financially disciplined is hard.

**CHOOSE YOUR HARD!**

Communication is hard. Not communicating is hard.

**CHOOSE YOUR HARD!**

Life will never be easy, but you can choose your hard.

**CHOOSE YOUR HARD!**



# 17 Tips to Protect Your Account From Online Fraud

Sean McDermid, CEA, RWM



**Online fraud can take many forms, and deceitful scammers are experts at manipulating people to fall into their traps. It's critical that you become aware of the current risks.**

Whether snared in an email, on a website, within an online form or ambushed in money transfers, even the savviest and most aware people can become victims of clever scammers. Following are 17 tips to help keep you safe.

## Email Safety

### 1. Never reply to a spam email, even to unsubscribe

Often, this just serves to “verify” your address to scammers. The best course of action is to delete any suspicious emails without opening them.

### 2. Turn off the “viewing pane”

Just viewing the email may send a verification notice to the sender that yours is a valid email address.

### 3. Be skeptical of senders

Legitimate credit unions, banks and financial institutions will never ask you for your account details in an email or ask you to click on a link in an email to access your account. Never call a telephone number or trust other contact details that you see in a spam email.

### 4. Never follow a link in an email

This is especially true when you don't know the sender. However, some fraudulent emails can be designed to look like a known contact. If you want to access a website from an email link, think twice. Instead, use a bookmarked link to the website or type the address directly into the browser yourself.

## Internet Protection

### 5. Use security software

Install software that protects your computer from viruses and unwanted programs and make sure it is kept current. If you are unsure, seek the help of a computer professional.

### 6. Check website addresses carefully

Scammers often set up fake websites with addresses very similar to legitimate websites.

### 7. 'Free' downloads can cost you

Beware of websites offering “free” downloads (such as music, adult content, games and movies). Downloading these products may install harmful programs onto your computer without you knowing.

### 8. Avoid clicking on pop-up ads

This could lead to harmful programs being installed on your computer, another path to online fraud.

### 9. Create strong passwords

Choose passwords that would be difficult for anyone else to guess — for example, passwords that include letters and numbers. You should also regularly change your passwords.

### 10. Keep track of online buying

Only pay via a secure site when buying online, and print out copies of all transactions. If using an Internet auction site, note the ID numbers involved and read all the security advice on the site first.

## Your Identity

### 11. Keep your details private

Only give out your personal details and information where it is absolutely necessary and when you trust the person you are dealing with. Never enter your personal, credit card or online account information on a website that you are not sure is genuine. Likewise, don't send those details through an email.

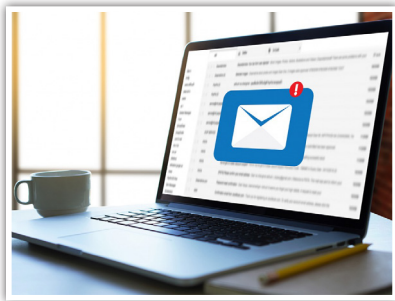
### 12. Be cautious about auto-complete

Some computer software will auto-complete online forms. This can give Internet scammers easy access to your personal details and credit card information.

### 13. Use public computers with caution

Avoid using computers at libraries or Internet cafes to do your Internet banking or online shopping. When using public computers, clear the history and cache of the computer when you finish your session. Be aware of “evil twin” Wi-Fi hotspots that impersonate legitimate networks. Always confirm you are connecting to the correct network.

## 17 Tips to Protect Your Account cont.



### Money Matters

#### 14. Be wise when emailing money

Never send money to anyone that you don't know and trust. Never accept e-Transfers that you are not

expecting. Better yet, set up auto deposit for e-transfers.

#### 15. Don't lose out when you're a winner

Do not send any money or pay any fee to claim a prize or lottery winnings. Legitimate contests and lotteries will have more appropriate methods for you to redeem your money or prize.

#### 16. Use your own account carefully

Sometimes, fraudsters post "jobs" asking you to simply use your own bank account to transfer money on behalf of another person. These could be a front for money-laundering activity, which is a serious criminal offence. It's important to stay clear of these types of activities.

#### 17. Know your recipients

Avoid transferring or wiring any refunds or over payments back to anyone you do not know. Where possible, learn more about the recipient and handle this in person or through more secure methods.

---

## Got questions about critical illness insurance? CLHIA's latest consumer guide has answers to help you



A brand new guide from the Canadian Life and Health Insurance Association is helping Canadian consumers better understand the benefits of critical illness insurance,

how it works, and the financial security that it offers.

"Over 2 million Canadians have critical illness protection through individual or group plans," Stephen Frank, president and CEO of CLHIA said. "This new guide explains the important role this type of insurance plays in giving people greater financial choices in the event they are diagnosed with a serious condition."

**This kind of insurance pays out a non-taxable lump sum if a policyholder is diagnosed with a life-altering condition like cancer, heart attack, stroke, multiple sclerosis or Parkinson's disease. The lump sum can be used for personal expenses related to the illness or for anything the policyholder chooses.**

Critical illness insurance was first sold in Canada 30 years ago and is less well known than other kinds of insurance. "A Guide to Critical Illness Insurance" helps to fill in the blanks with answers to questions Canadians commonly ask about the product like:

- How does critical illness insurance differ from life insurance or disability insurance?
- What conditions do critical illness insurance policies cover?
- What limitations and exclusions are common in critical illness insurance policies?

Developed by product experts from Canada's life and health insurers, **the guide offers free, impartial information and insights** to help consumers understand their options, ask the right questions and make informed choices when choosing critical illness insurance.

The new guide, along with others on insurance topics can be found at [clhia.ca/consumers](http://clhia.ca/consumers).

**Everyone knows someone who has suffered a heart attack, stroke or been diagnosed with cancer! Would a lump sum of cash have helped out?**

# Call 211

**211 Manitoba** is the front door to community-based government, health and social services designed to meet the needs of diverse populations, across all different aspects of life. Manitobans can dial **"2-1-1"** from anywhere in the province to access free, confidential service available 24 hours a day, seven days a week in more than 150 languages. A trained and friendly Service Navigator will provide personalized support to help callers connect with the appropriate information and services.

A toll-free number is available for those calling from outside Manitoba or for phone systems that do not support 3-digit numbers: **Toll-free: 1-855-275-1197**

Live Chat is available on the website Monday to Friday from 6 a.m. to 8 p.m. and Saturday and Sunday from 8 a.m. to 4 p.m. CST. The chat can also be used for text-based help.



**Email: [211mb@findhelp.ca](mailto:211mb@findhelp.ca)**

In addition, 211 Manitoba has partnered with the Department of Seniors and Long-Term Care in the development of the Manitoba Seniors Guide. This guide lists a wide range of community, health and government programs in place to assist older adults. The guide is printer friendly. A limited number of printed guides will be available throughout the province including from Senior and Community Resource Coordinators, Senior-Serving agencies and at other local hubs. To print the guide or learn about where to find a printed guide, visit [mb.211.ca](http://mb.211.ca) or call **211**.

## Avoid the Tax Refund!!



If you're expecting a significant tax refund on your 2023 return, there could be an **opportunity to optimize your tax planning**. Typically,

getting a refund means more tax was deducted from your income last year than what you actually owed. **In other words, the government had use of your money every month instead of it being available to you!**

What if instead of waiting to get your 2024 refund in the spring of 2025, you had less tax taken off your paycheque now? Using Canada Revenue Agency (CRA) Form T1213, "Request to Reduce Tax Deductions at Source," you can list the various credits and deductions, such as RRSP deductions, childcare expenses and charitable donations that you plan to claim on your 2024 tax return. The CRA may then allow your employer to reduce the tax that's deducted every pay day.

What's  
important  
to you



*L to R: John Poulain, Sean McDermid, Loreen Buss, Doug Buss  
Ken Odidison, Maria DeRosa*

1-B 2020 Portage Avenue  
Winnipeg, MB R3J 0K4

Office: 204 474 2929  
Fax: 877 223 2936  
Email: [maria@yourstylefinancial.ca](mailto:maria@yourstylefinancial.ca)

*YourStyle*  
FINANCIAL

[yourstylefinancial.ca](http://yourstylefinancial.ca)