

Umpqua Bank Unveils Financial Fitness Guide for New Year

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PORTLAND, Ore., Dec. 13, 2017 (GLOBE NEWSWIRE) -- As an eventful 2017 marked by data breaches and natural disasters draws to a close, Umpqua Bank has released a [Financial Fitness Guide](#) to help Americans prepare financially for the year ahead. From protecting credit to managing a windfall or bonus and planning financially in case of a fire or flood, Umpqua's 2018 Financial Fitness Guide provides a user-friendly list of actionable steps households can take to begin the new year ready for success and better prepared for the unexpected.

The Equifax data breach last September ranks among the most notable financial events in 2017 that will continue to impact Americans next year. According to *Forbes*, having personal financial information stolen by hackers is now the top security concern of Americans. Yet *Money* magazine reported that weeks after the Equifax data breach, 81 percent of consumers had taken no concrete steps to protect their financial information.

"The beginning of every year is an opportunity to take stock of where you're at financially, do some basic financial housekeeping and plan for the year ahead. The 'X' factor in planning, of course, is that you never know what the year has in store," said Umpqua CEO Cort O'Haver. "Whether 2018 is uneventful or full of surprises, our 2018 Financial Fitness Guide is designed to help people take a few, simple steps to prepare for the future and improve their overall financial health. We also plan to provide a steady stream of useful and related financial health content throughout next year."

Umpqua's 2018 Financial Fitness Guide, which can be accessed at umpquabank.com/fitness/, provides actionable steps people can take leading into the new year, including:

Protecting personal credit: The Equifax data breach exposed the data of 143 million Americans, but surveys indicate few people have taken steps to protect themselves. From freezing a personal credit file to password security, Umpqua makes it easy for consumers to take action.

Preparing for a disaster: 2017 has been a year of fires, floods and hurricanes. There are several useful and important financial items people may need access to during a disaster and can include as part of an emergency preparedness kit.

Being wise with a windfall: Lump sum bonuses or gifts are common this time of year. How they're handled can have a significant impact on short- and long-term financial plans. Though every situation is unique, Umpqua gives options to consider before deciding whether and how to spend or save.

Getting a financial tune-up: Financial fitness starts with doing the little things that often get overlooked or put off—setting goals, estimating taxes, strengthening account security. Consumers can review Umpqua's financial tune-up checklist to make sure they're ready for the year ahead.

To emphasize the importance of financial health in the new year, Umpqua also announced a "Freeze Day" across its five-state footprint to encourage associates, customers and families in the communities it serves to take action and protect their personal financial information. This Friday, Umpqua will give its more than 4,000 associates time to freeze their credit, which is a vital way to ensure identity thieves can't open credit accounts using stolen information.

About Umpqua Bank

[Umpqua Bank](#), headquartered in Roseburg, Ore., is a subsidiary of Umpqua Holdings Corporation (NASDAQ:UMPQ), and has locations across Idaho, Washington, Oregon, California and Northern Nevada. Umpqua Bank has been acknowledged for its innovative customer experience and banking strategy by national publications including The Wall Street Journal, The New York Times, BusinessWeek, Fast Company and CNBC. The company has been recognized for eight years in a row on FORTUNE magazine's list of the country's "100 Best Companies to Work For," and was recently named by The Portland Business Journal the Most Admired Financial Services Company in Oregon for the eleventh consecutive year. In addition to its retail banking presence, Umpqua Bank owns Financial Pacific Leasing, Inc., a nationally recognized commercial finance company that provides equipment leases to small businesses.

Umpqua Holdings also owns a retail brokerage subsidiary, Umpqua Investments, Inc., which offers services through Umpqua Bank stores and in dedicated offices throughout Oregon. Umpqua's Wealth Management Division serves high net worth individuals and nonprofits by providing customized financial solutions and offerings. Umpqua Holdings Corporation is headquartered in Portland, Ore. For more information, visit <http://www.umpquabank.com>.

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