



## Episode 50: Trends in Advice and Wellness with Chris Whitlow

### Episode 50

In episode 50 of *Revamping Retirement*, [Jennifer Doss](#) and [Dawn McPherson](#) talk with [Chris Whitlow](#), CAPTRUST senior director of advice and wellness. Before joining CAPTRUST, Chris founded Edukate, a digital financial wellness platform. The three talk through what's trending in terms of financial wellness, and why it's the topic of conversation among retirement plan sponsors. Chris shares his advice to plan sponsors to identify and understand what their employees need when creating a financial wellness plan.

In *Minute with Mike*, [Mike Webb](#) provides insight on the SECURE 2.0 Act and student loan repayment.

### RESOURCES

[CAPTRUST's Financial Wellness Solution for Plan Sponsors](#)

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