**S1 Table. Net Savings**

|  |  |  |  |
| --- | --- | --- | --- |
| Net Savings | Digital | Workshops | Total |
| *Employees (N=12,436)* |
| Total Net Savings | $327,882 | $1,158,220 | $1,486,102 |
| % of Total Participants | 44% | 56% | 100% |
| % of Total Net Savings | 22% | 78% | 100% |
| *Dependents (N=2,510)* |
| Total Net Savings | $77,214 | $400,115 | $477,329 |
| % of Total Participants | 33% | 67% | 100% |
| % of Total Net Savings | 16% | 84% | 100% |