

# Keeping a finger on the pulse of your total wellbeing.



## Master your money mindset.

Financial wellbeing is not necessarily about having more money. Rather it's about having a healthy relationship with money. Discover the ways you think about money and learn how you can improve your financial fitness.



### Understanding and improving your money mindset.

Save plenty, spend wisely, and invest the rest: the basics of personal finance are simple. But implementing them can be complex, even if you've grasped the mechanics.

[Read more](#)



### Understanding how relationships can make or break your budget.

Our relationships influence much of what we do, including the way we spend money. Learn why spending within your means is a healthy approach to both relationships and money.

[Read more](#)

## Exclusive for Registered Users.



### How's your financial discipline?

[Access at Support & Resources](#)

## Top Pick of the Month.

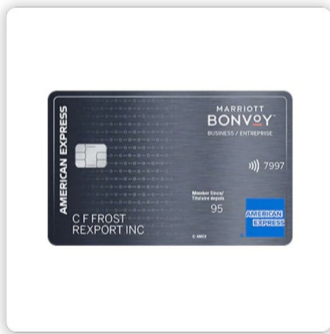


### Ten steps to ease financial stress during difficult times.

[Access at Support & Resources](#)

## Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that support your wellbeing like Marriott Bonvoy® American Express® Card, Motley Fool, TurboTax and many more.



[Access offers](#)

Your organization's program may not include Perks. If unable to access, review your workplace benefits or speak to your Human Resources contact.



## More to explore this month.

- Join Caroline Codsí on April 18 at 1 p.m. ET for a virtual fireside chat, **Opening the Door: Self Advocacy and Arab Allyship in the Workplace**. Our distinguished speaker will share what inspires her day-to-day, the nuanced pressures in the workplace and in society that this community experiences, and how we can come together to celebrate and empower one another. [Register now.](#)
- Visit the [General Enquiry](#) form for help navigating the mobile or web app, accessing online resources or for information on counselling services.
- Explore the [Wellbeing](#) section of the app and feel supported in your journey to understanding your current state of health through one of our assessments, challenges, or programs.

We support your total wellbeing. We're here 24/7 for confidential advice and support by app, web, and phone.

Your organization's program may not include all services and features. To learn more, please log in with your account and review your workplace benefits. Or speak to your Human Resources contact.