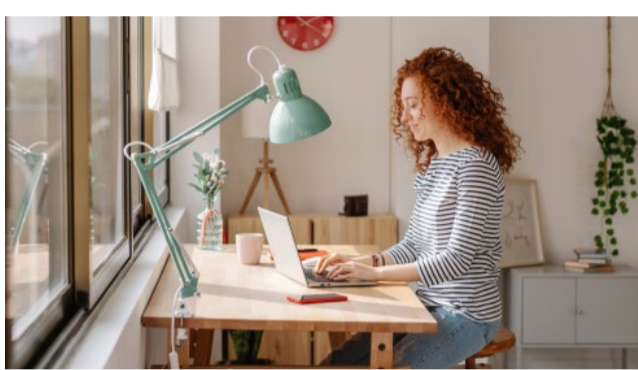


# Keeping a finger on the pulse of your total wellbeing.



## 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](#)



### How's your financial discipline?

Financial discipline refers to making choices about spending and saving that help you achieve your long-term monetary goals. Read on for helpful money-saving tips.

[Read more](#)



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

Difficult financial times can lead to feelings of stress. Here are ten ways to ease your anxiety by focusing on the areas in your life over which you have control.

[Read more](#)



## More to explore this month.

- 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 programmes.

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

Your organisation's programme 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.