



Financial Wellbeing



Financial wellbeing plays a crucial role in your overall health. Having a healthy relationship with your finances can give you peace of mind and the freedom to focus on other areas of your health. However, poor financial habits can lead to chronic stress and anxiety. By improving your financial wellbeing through budgeting, saving, or seeking professional advice, you can significantly enhance your overall health and quality of life.

READY TO PRIORITIZE YOUR FINANCIAL HEALTH, EARN POINTS & BOOST YOUR STATUS?

Explore our 'Financial wellbeing' focus areas!

Each focus area conveniently groups point-earning opportunities, such as goals, videos and articles to help you navigate specific topics.

OUR FINANCIAL WELLBEING FOCUS AREAS THOUGHTFULLY COVER THE FOLLOWING THEMES:

- Budgeting basics
- Increase your savings
- Reduce your debt

You can find these resources by navigating from your homepage to **Focus on your health > See all focus areas > Filter > Financial wellbeing.**