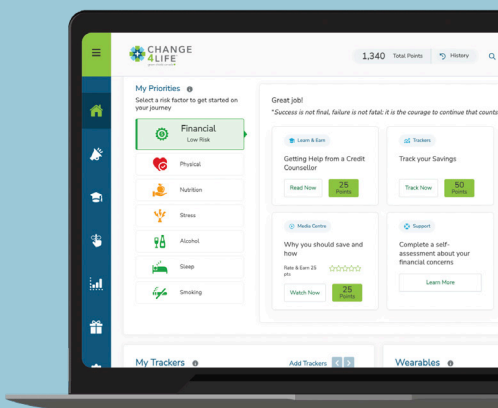


Financial Resources



Wellness is often associated with nutrition, exercise, and mental health. External stress, like finances, can significantly impact overall well-being. That's why financial health is vital for overall health. To learn how to support your financial health, explore the various resources available within the **Change4Life**® health portal.

1 Unlock your financial health plan on your Dashboard



2 Explore the following pages to find resources to support your financial health

Spotlight page

Newsletters

- How to save money: Cut Household Expenses
- Your financial checklist for retirement
- Improving your credit score
- Money conversations for couples
- How to budget

30 Day Challenges

- Become debt free
- Track your budget
- Planning for comfortable retirement
- Improve your financial literacy
- Set and reach your savings goals

Learn & Earn page

Media Centre

- Budgeting made easy
- Why you should save and how
- Saving with registered plans
- Understand how credit cards work
- And more...

Learning Centre

- The importance of tracking your spending
- How do I improve my family finances?
- Healthy eating on a budget
- Getting help from a credit counsellor
- And more...

Ask the Expert

- How can I stay motivated to follow my budget long-term?
- What are strategies for changing harmful spending habits?
- How does inflation affect future savings?
- How much money do we really need for retirement?
- And more...



The **Savings Tracker** can help you track your progress and reach your goals. You can also set up a reminder.

