# 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**<sup>®</sup> health portal.



### Unlock your financial health plan on your **Dashboard**

ñ	My Priorities Select a risk factor to get started on your journey	Great job! "Success is not final, failure is not fatal: it is the courage to continue that co	
	Financial Low Risk	🖀 Learn & Earn	25 Trackers
*	Physical	Getting Help from a Credit Counsellor	Track your Savings
<b>a</b>	Nutrition	Read Now 25 Points	Track Now B0 Points
	Y Stress	③ Media Centre	© Support
۲	Alcohol	Why you should save and how	Complete a self- assessment about your financial concerns
iat.	Sieep	Rate & Earn 25 CrOnDrOnDr pts Watch Now 25 Points	Learn More
		Points	
*			



## 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.