

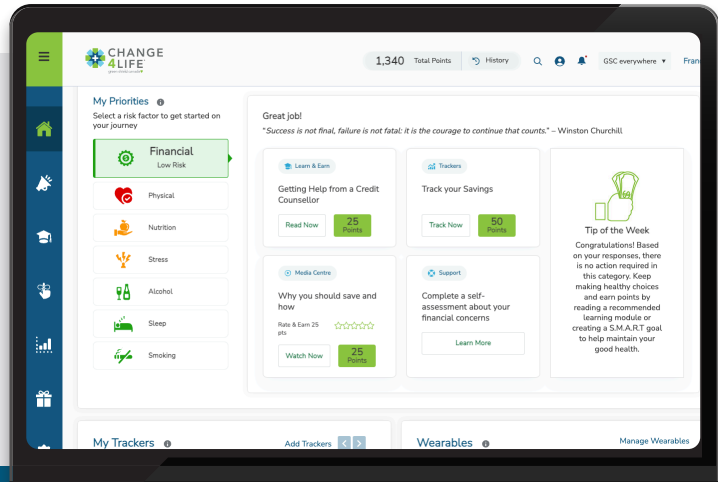
Financial Resources



Wellness is often associated with nutrition, exercise, and mental health. However, mental and physical health is a result of one's environment. External stress can significantly impact overall well-being and a leading cause of stress is finances.

For this reason, financial health is a key component of overall health. Explore the various financial resources available within the **Change4Life®** health portal to get started.

Unlock your
financial health plan
on your Dashboard



Explore the
Spotlight page to
find information and
challenges to support
your financial health



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

The Learn & Earn page includes many resources

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.