



## MEMBER UPDATE

### ReFresh

January 19, 2022

---



---

#### This week...

#### ***Invest in your Health!***

Here we are, mid to late January, and the bills from the holiday season are arriving. RRSP deadlines are fast approaching, with tax preparation following soon after.

Perhaps this may be a good time to pause and review your financial situation.

As mentioned in a [previous issue of ReFresh](#), financial well-being is critical for your overall health and well-being. Members with financial problems are more likely to suffer from stress and anxiety, be less productive at work, and have strained family relations.

Taking 'stock' of your financial health is important for your peace of mind today, and for your security tomorrow. Considering all the uncertainties in our economy at this time, understanding money's basic language can be complicated.

However, it doesn't need to be intimidating.

### Check this out!

I found a new online tool that was published this past December, where you can do a personal assessment of your financial wellness. The [Financial Wellness Guide](#) was developed by CPA Canada (Chartered Professional Accountants Canada) to help you understand money basics as they apply to you. It was based on research conducted in partnership with the [FP Canada Research Foundation](#), and developed with the financial support of FP Canada Research Foundation [Canada Life](#).

I completed the tool, and found:

- a) I was able to reflect on the strengths – as well as gaps – in my financial plan.
- b) The tool presented ‘moment of learning tips’ that were interesting and insightful.
- c) I was provided with a free, *tailored*’ report of tips. I emphasize ‘tailored’, as the report was a template response, but it was still interesting and had sound information based on my situation. Best of all – ***I did not have to provide any personal information that was traceable.*** I was able to simply download a PDF of my results.

I invite you to take 10 minutes, to learn where you and your family are at financially. This guide could help you make a plan on how to invest in your financial and, subsequently, your personal well-being!