

Health and wellness are integrated

Mental, physical and financial wellness are **interconnected**. Personal financial issues can be the key source of stress for employees and can impact their physical and mental health.

Is financial wellness **part of your health strategy?**



Health Implications

Employees who have high stress may experience:



2 times rate of heart attacks



3 times rate of ulcers or digestive issues



44% greater chance of suffering from migraines



500% increase in anxiety & depression

AP-AOL/ABT SRBI Health Poll

Stress in the workplace

44%

44% of employees worry about finances while at work



Increased levels of presenteeism: at work but not focused their job