Being financially healthy doesn’t have to mean becoming a millionaire. It’s about creating a sound financial plan so you can feel secure, confident and less stressed when it comes to money. Join us as Susie Pease, a Regional Engagement Lead and Mental Health First Aid Instructor for Cigna, walks us through ways we can reach our financial goals.

In this podcast you’ll:
› Become more aware of how financial stress affects your health
› Learn about tools and resources to activate a financial plan
› Learn tactics you can adopt to set financial goals and track spending

Listen now to the Financial Well-Being episode: “Wealthy, Healthy and Wise.”