



## February feature – Financial Well-being

Financial problems can lead to feelings of worry and stress, and affect your work, relationships, and well-being. This month, log in any time to the **inConfidence** platform to access our feature, [Financial Well-being](#), highlighting valuable online resources to help boost financial wellness.

Start by taking the [Financial Health Assessment](#) on our site. It's confidential, takes only minutes to complete, and provides immediate results and resources to help you take charge of your finances. Also, check out our new [Financial Well-Being Toolkit](#), which includes resources on budgeting and cash flow, getting out of debt, easing worries about money, and saving for the future.

Remember: You can contact **inConfidence**, any time, 24/7, for expert advice and referrals related to money matters, and put yourself on the path to financial well-being.

**Online: [www.myinconfidence.ca](http://www.myinconfidence.ca)**

**Username: NLMA Password: inconfidence**

**Call inConfidence, toll-free, 24/7: 1-877-418-2181**

**TTY: 1-877-371-9978**

Note that this month's feature will be live on the homepage from February 1 to 28, 2018.

Search the platform any time for helpful resources related to this topic.

**Download the "LifeWorks" app!**



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