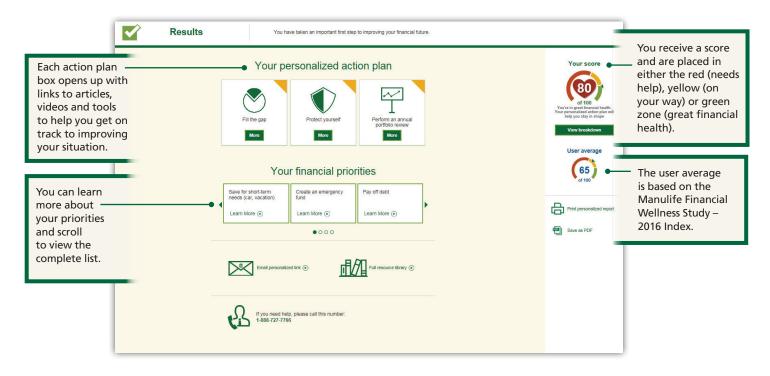


Research¹ shows a strong link between financial wellness and physical and emotional health. Canadians who aren't financially prepared are twice as likely to feel stressed. Does dealing with money make you anxious? You're not alone – 68% of Canadians worry about their financial situation.²

Manulife's Financial Wellness Assessment can help you feel better about your finances and improve your physical and emotional health too.

In as little as five minutes, this online questionnaire – built with the technology to be easily used on a desktop or mobile device – measures your financial wellness and provides you with a score and a personalized action plan to help improve your financial situation. You'll find out what areas to work on and what you can do next.



Take the Financial Wellness Assessment today. You'll find it when you sign in to your Manulife account, at manulife.ca.

¹ Manulife/Ipsos Reid Health and Wealth Wellness Study conducted by Ipsos Reid, 2014



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² Manulife Financial Wellness Study – 2016 Index