

Did you know that good financial habits can improve your overall well-being?



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.

Results You have taken an important first step to improving your financial future.

Your personalized action plan

- Fill the gap
- Protect yourself
- Perform an annual portfolio review

Your financial priorities

- Save for short-term needs (car, vacation)
- Create an emergency fund
- Pay off debt

Your score

80 of 100
You're in great financial health. Your personalized action plan will help you stay in shape.

User average

65 of 100

Each action plan box opens up with links to articles, videos and tools to help you get on track to improving your situation.

You receive a score and are placed in either the red (needs help), yellow (on your way) or green zone (great financial health).

You can learn more about your priorities and scroll to view the complete list.

The user average is based on the Manulife Financial Wellness Study – 2016 Index.

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

² Manulife Financial Wellness Study – 2016 Index

