

# Know Your Worth

## FINANCIAL WELLNESS TEAM CHALLENGE

Ready to take control of your financial future with fun and achievable tasks? This team challenge is designed to help you make impactful changes to increase your financial knowledge, build confidence, and create new habits. By working towards shared goals, you'll improve your budgeting and saving skills, and feel more empowered about your finances!



## Why “Know Your Worth”?

When you think about your well-being, physical and mental health often come to mind, but don't forget about financial wellness! Unfortunately, financial confidence in Canada has been on the decline, with 33% of Canadians feeling stressed or worried about their finances. This anxiety is often fueled by economic uncertainty, inflation, and concerns about maintaining a good quality of life.

That's where the “Know Your Worth” Financial Wellness Team Challenge comes in! This exciting challenge is designed to boost your financial knowledge and help you gain a better understanding of your personal finances. “Know Your Worth” is all about recognizing your strengths and creating actionable plans for improvement!

## Join the Challenge!



Improve financial wellness and keep your team accountable



Form new healthy habits and try something new



Connect with teammates in a fun way

# Join the fun!

## DISCOVER SIMPLE WAYS TO BOOST YOUR WELLBEING AS A TEAM

Each week, you'll tackle a simple and exciting goal focused on budgeting and saving money to enhance your financial knowledge. These challenges are designed to help you grow your understanding of personal finances and build confidence to handle your financial future with ease.

You will track your completion against weekly goals and contribute to your overall team score:



### Week 1: Create a Budget

Estimate your spending and begin tracking

### Week 2: Know Your Finances

Create a financial vision board  
+  
Check your credit score

### Week 3: Save Money

Pack your own lunch each day to avoid eating out  
+  
Share a money-saving tip that has worked for you

### Week 4: Change Your Spending Habits

Incorporate tips from your team members into your daily routine

### Week 5: Reflect

Complete your budget and compare your tracked spending to your available cash

## Are you ready to “Know Your Worth”?

You can join the challenge in two ways:

1. **Lead the Way!** Become a Challenge Lead and access step-by-step instructions in the Library of the Health & Wellness Centre.
2. **Join the Fun!** Receive an email with all the details from a Challenge Lead.

No matter how you choose to participate, this is your chance to spark positive change and enjoy the journey with your team!

**Learn more at [TeladocHealth.ca](https://www.teladochealth.ca)**

About Teladoc Health: Teladoc Health is empowering all people everywhere to live healthier lives by transforming the healthcare experience. Recognized as the world leader in whole-person virtual care, Teladoc Health leverages clinical expertise, advanced technology and actionable data insights to meet the evolving needs of consumers and healthcare professionals.

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