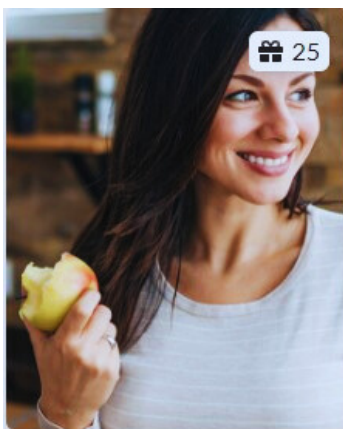


Financial Self-care Spotlight

NEW

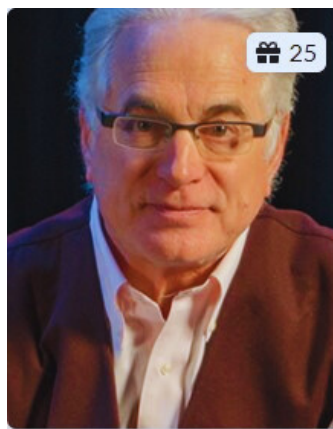
REACH WELL-BEING ACTIVITIES

Explore the [Reach Well-being Program](#) online or with the Limeade One app to expand your self-care practices at work. Four new Self-care at Work activities will be available November 1 through December 31.



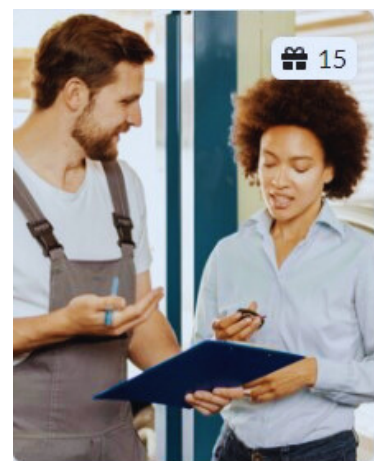
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Tips for Saving Money on
Health Care



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Frugality - Match Your Money
with Your Values



🎁 15

Not-So-Surprising Expenses

**Choose from more activities
like these including**

- **How to Spend Smart**
- **Save for Any Situation**
- **Ask Stefon About Money**
- **Dealing with Debt**
- **Living on a Budget**
- **and MUCH MORE...**

**Make time for self-care with
the Limeade One App**



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