



Women's health: Taking control of your wellbeing.

Women face specific health issues that can have a significant impact on wellbeing. Stay informed and move toward taking control by reading this month's articles.



The importance of assertiveness in work-life balance

Striving for a healthy balance between the demands on you at home and work means setting clear boundaries.

[Read more](#)



Understanding menopause

While menopause and perimenopause can be challenging stages of life for many women, there are steps you can take to help alleviate your symptoms.

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Exclusive for registered users.

Top pick of the month.



Bone health: Understanding and preventing osteoporosis.

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Maintaining close friendships

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Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that can help you with your general wellbeing, like MyProtein, Vitamix, YorkTest, and many more.



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Note that your organization's program may not include Perks. If you are unable to access, review your workplace benefits or speak to your Human Resources contact.



More to explore this month.

- Check out our [Wellbeing and Personal Development Videos](#) packed with information and advice to help guide you towards a healthier mind, body and lifestyle.
- Interested in learning more about your general wellbeing? Visit our [CareNow programs](#), a collection of digital self-help programs available across various health topics that you can access when you like, at your own pace.

We support your total wellbeing. We're here 24/7 for confidential advice and support by app, web, and phone.

Your organization's program may not include all services and features. To learn more, please log in with your account and review your workplace benefits. Or speak to your Human Resources contact.