

DECEMBER 2024
**Resources to support your
wellbeing · benefits · finances**

Each month, we provide you with helpful tools and information designed to support your **wellbeing**, understand your **benefits**, and manage your **finances**.

This month's topics:

SUPPORT YOUR WELLBEING

Health over the holidays

3 ways to care for your mental health & wellbeing

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Connect with what matters [part 3]

Boost your mental health with small acts of kindness

[Learn more](#)

UNDERSTAND YOUR BENEFITS

FSA dollars

3 surprising ways to spend FSA dollars

[Learn more](#)

Benefits 101 [part 3]

Life and family: mental health care, pet insurance, additional benefits

[Learn more](#)

MANAGE YOUR FINANCES

2025 market outlook

Dive into the key takeaways from 2024 going into the new year

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Looking for more information on a specific topic?

[Request a topic](#)