**Ready to share insurance content**

Tools you can customise by Zurich/OnePath Life Insurance

Using My Wellbeing Hub

**SOCIAL MEDIA**

Use or customise the below post most likely to resonate with your members via social media such as LinkedIn or Twitter. Your posts can link directly to the articles on our website, or you can customise a link to your own white-labelled versions of the articles.

***Tip:* Spread the word with #insuranceclarity**

#insuranceclarity is a hashtag we’ve added to the material to promote life insurance education. We encourage you to get on board and help grow engagement and confidence in the life insurance industry by using it when you post on social media.

**SOCIAL MEDIA POST**

With the pandemic bringing so much uncertainty to our lives, taking care of ourselves has never been so important. To help [Super fund name] members stay resilient in difficult times, our insurance partners have created a one-stop Wellbeing Hub with expert tips, ideas and more. Read more #insuranceclarity

[Link to the article below either on your website or within the social platform]

**FLYER/NEWSLETTER/WEBSITE ARTICLE**

This article has been white labelled to allow you to use the content (without having to seek our permission but at your sole risk) as a member flyer, newsletter or on your website.

***Tip*: Complement your service**

You could also use the articles to send members who have questions about their insurance or who haven’t taken up insurance.

**ARTICLE**

**Your one-stop health and wellness hub**

2020 has seen nearly every aspect of our lives thrown into uncertainty, so it’s no surprise that so many people are focused on improving and maintaining their wellbeing. From maintaining essential social connections to managing the mental health impacts and even losing those COVID kilos, the pandemic has highlighted how critical it is to look after our wellbeing and that of our families.

To help you do just that, our insurance partners at Zurich/OnePath have created a one-stop [My Wellbeing Hub](https://www.zurich.com.au/mywellbeinghub) for [Super fund name] members. The hub brings together expert insights, practical tips and handy resources that you can use to care for your physical, mental and social wellbeing, all in one convenient location.

Here are some of the ways it can help you.

**Maintaining mental equilibrium**

Around 1 in 5 Australians experience mental health issues every year[[1]](#footnote-1) – and even those who escape mental illness are likely to be affected by stress and anxiety in times of crisis. Our mental health is influenced by a huge range of factors from social support to stress management, exercise, even sleep hygiene. So it’s important to equip yourself with the right tools and resources to help stay resilient.

In the My Wellbeing Hub you’ll find evidence-based strategies and tips that can help you manage your stress better and improve your mental wellbeing throughout your daily life. You can also learn how to recognise triggers that can impact your mental health, and how to help people you know who may be struggling.

**Healthy body, healthy mind**

It seems that every year we learn more about the benefits of good nutrition and exercise for preventing a whole host of health issues – not only problems like obesity and high blood pressure, but also chronic illnesses like diabetes, heart disease and even dementia. There’s also good evidence that our diet and fitness levels can have a profound influence on our mental health and moods, especially when we’re stressed.

Yet with so much conflicting information around, it can be tricky to know what to put on our plates or the best exercise routine to choose. That’s why the My Wellbeing Hub offers practical tips from a qualified nutritionist around staying fit and eating well. Visit the hub to download guides on topics like eating to improve your mood or working out at home, and checklists you can use to stay fit and healthy.

**Staying connected**

Humans are social beings. Even the most introverted among us need to have people in our lives that we can talk openly with and depend on.

Connecting with other people can give you sense of purpose and belonging. What’s more, being able to contribute meaningfully to a community can boost your self-esteem. By sharing your feelings with people you trust, you can help alleviate feelings of depression and stress.

You can use the tools in the My Wellbeing Hub to understand your feelings, monitor your wellbeing and reach out to others. And because COVID-19 restrictions mean it’s not always possible to meet face to face, you can connect virtually with others through online meetups or peer-to-peer support.

The My Wellbeing Hub also includes content designed specifically for men, who typically find it more difficult than women to reach out and seek help. There are also a range of tools for young people who are missing out on connecting with their peers due to COVID-19 restrictions.

**Insurance and wellbeing**

Having a sense of control, and the reassurance of knowing that there’s a safety net if things go wrong, can help you maintain your mental and emotional wellbeing. That’s why insurance cover like life insurance is so important. It can provide financial help in times of illness and loss, and a sense of security and peace of mind during the good times too.

To find out more about the insurance options available to you as a [Super fund name] member, contact us on [Fund contact details].

This information is prepared by [trustee name], the trustee of [Super fund name]. It is current as at [January 2021] but may be subject to change. Updated information will be available by contacting us on/at [details].

The information provided is of a general nature and does not take into account any objectives, needs or financial circumstances. Readers should consider the appropriateness of the information, having regard to your objectives, financial situation and needs and seek financial advice specific to them before making any decision based on this information.

We recommend that you read the relevant Product Disclosure Statement available at [website details] or by contacting us on/at [details] before deciding to acquire, continue, or vary any insurance in [Super fund name].

1. Australian Institute of Health and Welfare, *Mental health services in Australia*, 2020. [↑](#footnote-ref-1)