



April, 2026

## For Your Health: **Financial Planning**

**This month's wellness theme is Financial Planning!** Planning for your financial future is one of the most impactful steps you can take toward achieving long-term security and peace of mind. Taking proactive steps today can lead to greater confidence and stability tomorrow.

**Let's build a financial future that aligns with your goals and aspirations!**



### Learn More

Prepare for your brightest financial future by exploring our Financial resources page for 401k plan education, retirement questions, and End of Life planning resources.

[View resources](#)



### Earn Rewards

Explore educational content in the My Health Dashboard section of your Sydney Health App. Complete 5 articles or videos in 2026 to earn \$30!

[Download the Sydney Health app](#)



### Try This

This month's recipe is a one-pot wonder that will make weeknight dinner a breeze! Try this healthy and easy Hearty One-Pot Lentil Stew.

[View the recipe](#)

### Maximize Your Benefits

Explore the Empower Retirement participant website to view your 401(k) Plan account details, review and adjust your investment options, and explore additional retirement readiness tools and information.



[Learn more](#)

Let's keep the energy going into next month, where we'll focus on **Mental Wellness**.

*Learn more and explore additional resources on our [THRIVE! page](#).*