

FINANCIALLY FIT

5 minutes

Sign Up

Improve your Finances



Scan code or click [here](#) to sign up
Call in on your dedicated tollfree number
to access the ICAS services.
USSD *134*905# - to request a call-back

ICAS
A Lyra Health company



Improve your Finances

With Daily 5 minute money exercises

1

Sign Up

Click or Scan the Code to Receive Daily 5 Minute Money Exercises

2

Engage

Think about your personal Money goals and challenges

3

Commit

Invest 5 Minutes a day on your Money Matters

4

Access

Support Via Telephonic Financial Coaching

5

Inspire

Sharing is caring- Spread the word Help is at Hand



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Financially Fit in 5

Money Challenge

01

Aim - What is your intention as you embark on this money challenge?

02

Think about your Money DNA

03

Attitude - What is your money attitude?

04

Money Mindfulness

05

Assess - Your Current Financial Situation

06

Area- What area of your financial life needs attention?

07

Ability- How would you rate your money ability or skills?

08

Aware of your hourly rate

09

Assess your financial stress level

10

Activity: Daily money activities to consider

11

Budget Better Income, Expenses, & Outcome.

12

Budget Booster- What are you willing to change?

13

Activity: Track your Money Daily

14

How many people are you financially supporting?

15

Think about having a Money conversation

16

Credit- Who do you owe and what does it cost?

17

Access your credit report

18

Check Point- How much of your income you are spending on debt?

19

Just Imagine waking up on pay day and owning your salary

20

Ambition: What are your financial goals?

21

Break down your first goal into an action item

22

Financial Set Backs

23

Financial What If's Think about the unexpected

24

Do you feel financially secure?

25

Think about the inevitable