



Health Cover for the
CommBank Family



Well done!

How did you go last week? Take a moment to reflect on your achievements and check in with yourself to see how you're feeling. It's OK if there were setbacks, the important thing is you gave it your all and set yourself up for a year of wellness.

Share your thoughts

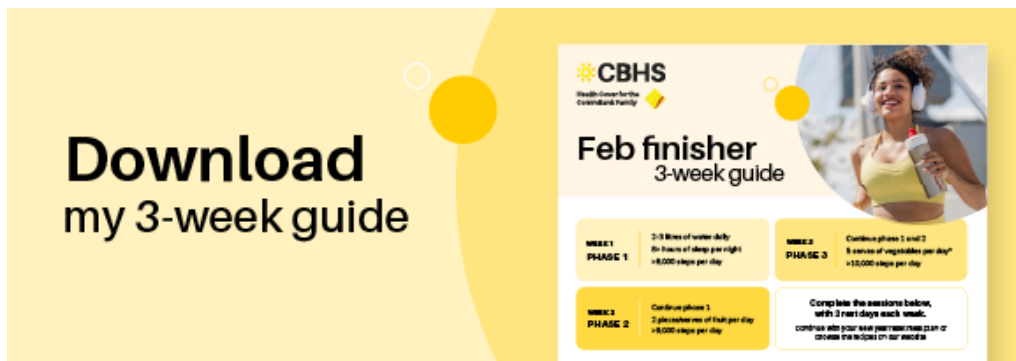
We'd like to thank you for resetting your new year with us! You and more than 1,600 CBHS members took part, and we hope you're feeling the benefits of your 7-day reset. We'd appreciate if you could take a few moments to complete a short survey about your experience during the challenge. Your say is important to us as we want to continue to deliver health and wellness content that you find valuable.

[START THE SURVEY](#)

What's next?

This reset was designed to be the beginning of a long-lasting healthier lifestyle. Remember, life is about balance and it's OK to treat yourself every now and then – in fact it's good for the soul. The 80:20 principle is a good way to approach a balanced lifestyle.

Going forward, check out our [guide to grocery shopping](#) if you ever feel overwhelmed or confused by all the options at the supermarket. And if you'd like to challenge yourself even further this month, we've created a 3-week guide, which includes workout videos and mindfulness practices, so you can finish February off strong!



We hope you enjoyed creating new healthy habits with us and learned a few things that you'll take with you into the future.

Yours in good health,

The CBHS team

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