



**Mintago**

Financial Wellbeing & Employee Benefits

2023 UK Research

**62% of UK employees
say that the rising cost
of living is their
greatest source of
stress**

Many employers do not have financial wellbeing initiatives in place

64%

of employees say that their employer does not have initiatives in place to improve financial wellbeing

57%

of employees earning less than £30,000 say that their employer does not have such initiatives in place



44%

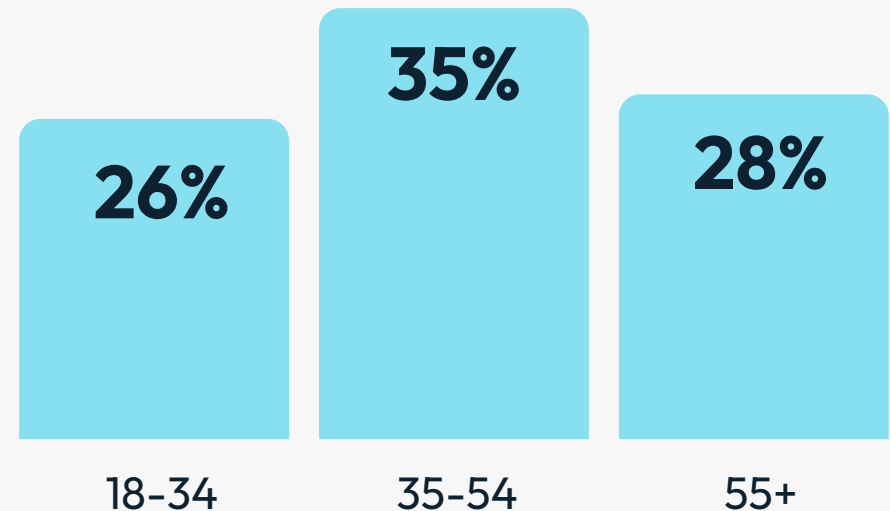
of employees would leave their current jobs to work for an employer that provides better financial wellbeing support

Many employees feel stressed about their financial situation

30%

of employees admit to feeling regularly stressed and anxious about their finances

The below graph shows the percentage of employees from various age groups who feel regularly stressed about money





58%

of employees say that money
and finances are their leading
cause of stress

Employers must provide tools, guidance and advice on financial wellbeing for employees

38%

of employees say that they have financial tools, guidance and advice available to them through their employer to manage day-to-day finances effectively

46%

have the tools, guidance and advice available to them in case of unforeseen circumstances

29%

say that financial wellbeing support from their employer has improved their financial situation



32%

of employees believe that
their employer cares about
their financial wellbeing

The majority of employees do not believe that their employer is doing enough to support staff through the cost-of-living crisis

65%

of employees do not believe that their employer is doing enough to support them through the cost-of-living crisis

More men than women believe that their employer is doing enough

41%

29%

Male

Female

**51% of employees state
that their stress &
anxiety levels have
increased notably as a
result of the cost-of-
living crisis**

Many employees do not feel comfortable discussing finances in the workplace



69%

of employees say that their employer does not encourage them to ask for help with financial wellbeing when they need it



35%

of employees believe that personal finances and money worries are a taboo subject within the workplace



49%

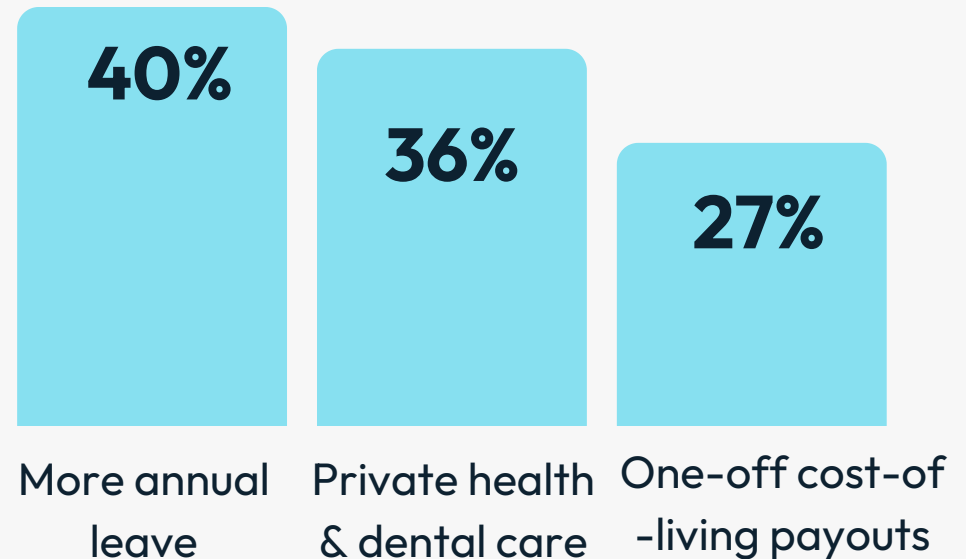
of employees say that stress and anxiety has a negative impact on their performance at work

Employees would choose to prioritise specific workplace benefits

42%

of employees would choose flexible working hours as their preferred workplace benefit

Which option would be your preferred workplace benefit?'



Many young employees think that others receive better financial wellbeing support than them



34%

of employees believe that their friends & peers receive better wellbeing support from their employers than they do



61%

of employees who believe this belong to the 18-34-year-old age group

The market research was carried out between 6th and 11th April 2023 among 2,000 UK adults via an online survey by independent market research agency Opinium.

Opinium is a member of the Market Research Society (MRS) Company Partner Service, whose code of conduct and quality commitment it strictly adheres to. Its MRS membership means that it adheres to strict guidelines regarding all phases of research, including research design and data collection; communicating with respondents; conducting fieldwork; analysis and reporting; data storage.

The data sample of 2,000 UK adults is fully nationally representative.

Thank you

The logo for Mintago, featuring the word "Mintago" in a dark blue, sans-serif font. The letter "i" is stylized with a small orange dot above it and a light blue triangle pointing upwards from the left side of the stem.