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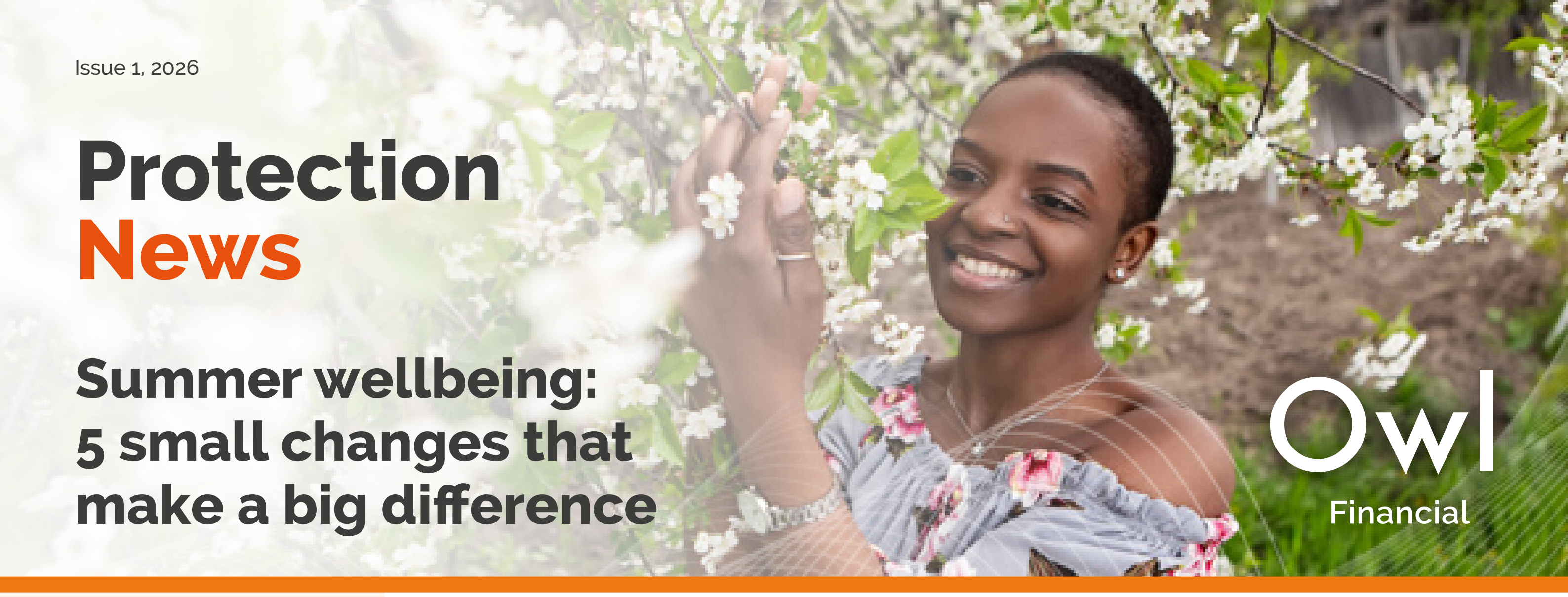


Protection News

Summer wellbeing: 5 small changes that make a big difference

Owl Financial

Summer is a great time to prioritise your wellbeing. Lighter, longer days and better weather provide plenty of opportunities to improve your physical, mental and financial health.

Because feeling well isn't just about physical fitness (although that is important). It's easier to think clearly, plan ahead and feel confident for the future when your daily life feels balanced and manageable. Here are a few practical tips for boosting your mood and your financial wellbeing this spring.

1. Move your body

You don't need to go to the gym to benefit from movement. Regular, gentle activity can improve your mood, your sleep and your concentration.

You could:

- Walk part of a regular journey instead of driving or using public transport.
- Try some light stretching in the morning or evening.
- Cycle, swim or do an exercise class if you enjoy it.

2. Spend time outdoors with other people

Social connection is an important part of mental wellbeing. Summer makes it easier to meet others in relaxed environments.

You could:

- Meet friends or family for a walk or coffee outdoors.
- Join a local community group that does activities outside (e.g. gardening, litter picking, etc.).
- Eat meals outside when the weather allows.

3. Do a light spring clean

Many people do a big clean of their home when summer comes around, but you don't have to do everything at once. Tackling one small area at a time can be surprisingly calming and effective.

You could:

- Clear out a single cupboard or drawer.
- Organise important documents in one place.
- Clean one area of your home that doesn't get regular attention.

4. Refresh your daily routine

A consistent routine makes it easier to focus on your wellbeing, but sometimes a small change can have a big positive impact.

You could:

- Go to bed and wake up at the same time.
- Set aside half an hour each day for a hobby or interest.
- Take short breaks from screens.

5. Take a calm, refreshed look at your finances

Improving your physical and mental wellbeing makes it easier to deal with practical things like your finances.

You could:

- Make or update a list of household bills and expenses.
- Check that your financial protection still covers what you want it to.
- Write down questions for your financial Protection Adviser.

Wellbeing is about balance, not perfection. Small changes that help you move more, connect with others, stay organised and informed all help to support a calmer, more confident outlook.

From all of us at Owl Financial, we hope you have a healthy and positive summer. And if you want to talk about any aspects of your financial wellbeing, our friendly advisers are always on hand to talk with you.

In this issue

Why income protection matters

Most of us rely on our income to keep things running smoothly. It pays for our mortgage or rent, food, household bills and the everyday costs that support our families and our lifestyles. But it's often the least likely thing to be protected.

Income protection is designed to help if you can't work due to illness or injury. It provides a regular payment to replace part of your income, helping you stay financially stable when times are hard.

Why is income protection so important?

You may not realise just how important your income is or how damaging it could be if you lost it. Data from the LV= Reaching Resilience report clearly shows the importance of protecting your income:

- The average UK worker supports three dependents, with around three in ten (27%) also caring for a pet that depends on them for food, shelter and general wellbeing.
- Almost half (41%) of working couples rely on both incomes to meet their monthly expenses.
- Over a third of UK workers have less than £5,000 in savings, almost a quarter have less than £1,000 and just under 1 in 10 have no savings at all.

Many people assume they would "manage somehow" or rely on savings, family or state benefits. But these options might not cover ongoing costs, particularly if you're off work for longer than expected.

Source:
Reaching Resilience | LV= Adviser

Understanding the risk of not having protection

It's easy to underestimate the impact of time away from work. Even a few weeks without an income can quickly run down your savings and increase your stress. You might:

- Use savings meant for other purposes.
- Rely on credit to cover everyday costs.
- Cut back on essentials.
- Feel added pressure to return to work before you're ready.

Our Protection Calculator (which we developed in partnership with LV=) helps you understand if you need financial protection and how you could benefit from it.

Benefits of income protection

Income protection provides reassurance and flexibility for when life doesn't go to plan. The regular income whilst your unable to work helps you cover the essentials, but the benefits extend beyond money in your bank account.

Other benefits may include:

- Choice over how long payments last and when they start.
- Recovery and rehabilitation support if you've been injured.
- Counselling and access to medical advice.
- Peace of mind for you and your dependents.

Knowing that your income is protected can help you feel more secure, even when everything is going well.

If you already have an income protection policy – fantastic, you're protected and realising the benefits. Remember to review it regularly to ensure you have the right level of cover.

If you don't have income protection and want to find out more, get in touch with one of our friendly advisers for a no-obligation chat.

The hidden value of protection

Financial protection pays out if you're ill, injured or worse – but that's only part of the story. It's true value lies not in the payout, but what that money enables you to do, feel and avoid when life doesn't go to plan.

Here are some of the most important (and often overlooked) outcomes that protection can provide.

1. Time to recover

An illness or injury that keeps you out of work can rapidly drain your financial resources, creating an immediate pressure to return to work as soon as possible, even if you're not ready.

Financial protection changes that for the better. The income it provides gives you the time you need to recover at the right pace with the confidence that your essential expenses are covered. Many policies also offer additional benefits, like 24-hour access to a virtual GP and injury rehabilitation support..

2. Stability during uncertainty

A sudden break in your income or the loss of an earner can quickly make everyday life feel unstable. Bills and responsibilities don't pause, but protection helps keep your foundations solid.

The financial support it offers helps secure your living situation and allows your family's daily routine to continue. Even if you experience a changeable or rare condition, many protection policies offer second medical opinion services and global treatment as optional extras. That gives you additional peace of mind if things get even more uncertain.

3. Reducing decisions made under pressure

Financial pressure often leads to rushed decisions. You might feel the need to dip into long-term savings, take on debt to make ends meet, or return to work before you're ready.

By covering your essentials, protection helps reduce the burden of financial stress and allows you to make calmer, more confident decisions. That essential breathing space means you can continue to support the long-term financial wellbeing of yourself and your family.

4. Supporting confidence, even when nothing happens

Some people who take out financial protection may never need it or only claim years later. But that doesn't mean the policy has no value before a claim – quite the opposite.

The promise of financial support if you need it reduces background worry and creates a greater overall sense of financial security. This gives you the freedom to plan for the future and enjoy your day-to-day life. And don't forget, policy holders can benefit from extra benefits such as well-being services, typically available all-year.

A different way to think about protection

Protection policies are often described in technical terms but, whilst they're important, they don't tell the whole story.

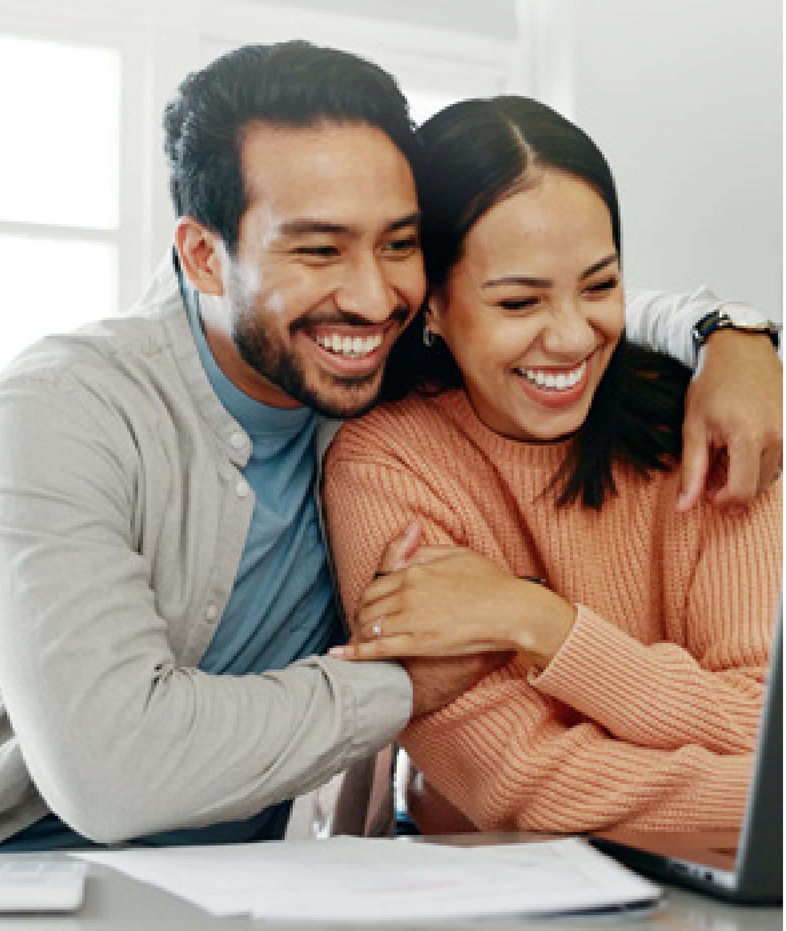
The true value of protection is in the time and stability it creates for you, whether you've made a claim or simply hold a policy. It gives you the ability to deal with life's challenges in a calmer, more confident way – something that many people only fully appreciate when they need it most.

If you want to find out more about the hidden benefits of protection, get in touch with one of our expert advisers for a friendly, no-obligation conversation.

Protection pays: stories and data from the UK protection market

When people take out financial protection, they're often buying peace of mind rather than expecting to make a claim. It's easy to wonder whether these policies really do what they promise when life takes an unexpected turn.

The good news is that the UK protection market continues to pay out consistently and at scale, supporting individuals and families when they need it most.



UK insurers pay out billions every year

Protection providers paid out a record **£8bn** in 2024, of which £5.3bn was paid for individual life, critical illness and income protection claims. That's an average of £21.9m a day helping families and individuals manage the financial impact of illness, injury or bereavement.

Aviva alone paid out almost **£2bn** in protection claims in 2025, covering over 61,000 individual and group policies. 96.9% of all claims were accepted in 2025, rising to 98.7% for individual life and terminal illness claims.

LV= paid £137m to almost 8,000 people and their families in 2024, accepting 95% of all individual protection claims. Of the £18.2m paid in income protection claims, the main reasons were musculoskeletal conditions (39%), cancer (21%) and adverse mental health (15%). **Their latest figures for 2025** show an increase in individual protection claims to £151m, again accepting 95% of claims.

The stories behind the numbers

The data shows that financial protection overwhelmingly pays out when people need it most. Behind the data are the stories of tens of thousands of people the industry helps at some of the worst moments in life.

After her husband tragically lost his life in a motorcycle accident, Elena* turned to her Owl adviser for help. "Mihai was there for me every step of the way. He handled all the open claims, guided me on the necessary documents, contacted the relevant institutions and kept me constantly informed. I discovered not only a true professional, but also a kind-hearted person and a genuine friend."

When she received a sudden migraine and vertigo diagnosis that meant she had to stop work, Maria used her income protection policy to keep things going. "The bills didn't stop, but my income did … those payments have covered my essential living costs and lifted a huge weight off my shoulders."

These are just two examples of hundreds of clients we've supported through financial uncertainty.
You can **find more stories on our website**.

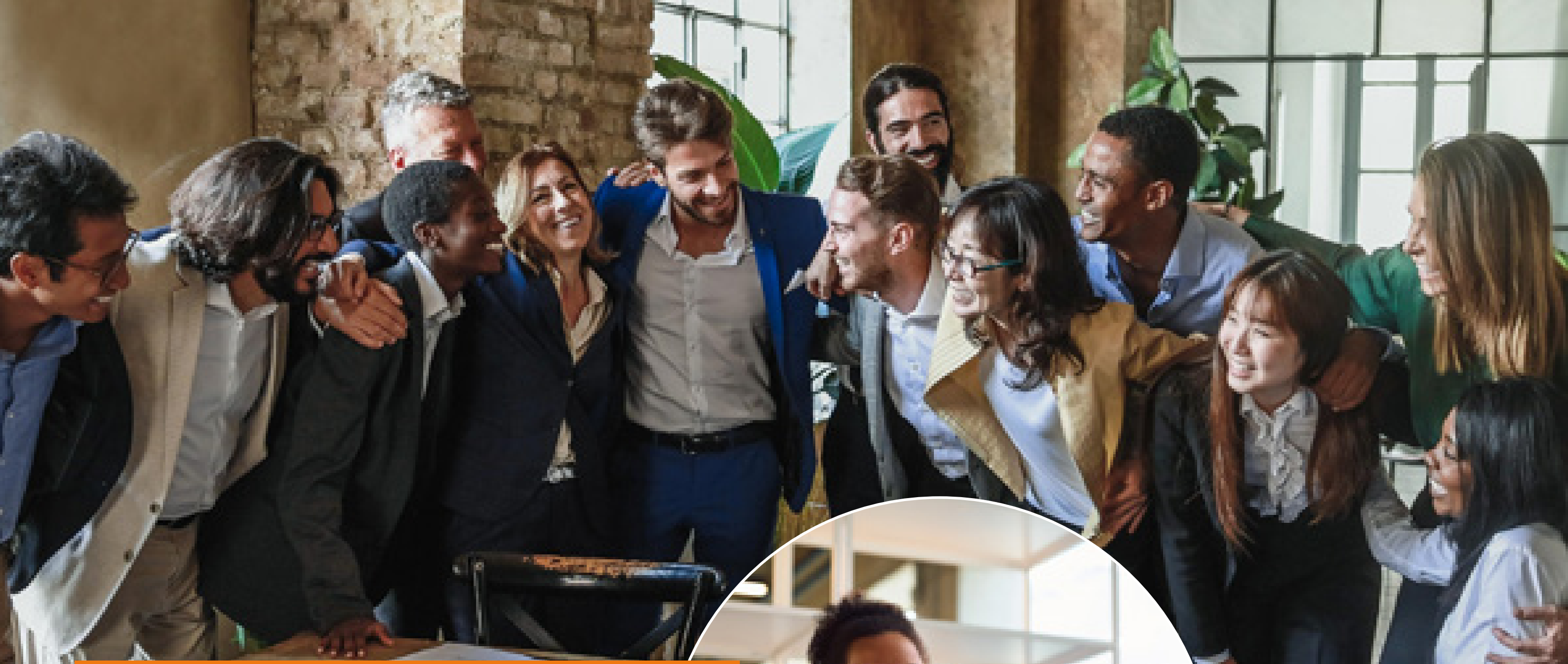
Improve the chances of your claim being paid

The high payout rate across the UK is encouraging, but there are a few important steps you can take to make sure your own claim runs smoothly if you ever need to make one:

- **Be thorough and honest when you apply**. Most claims are rejected because information is missing or inaccurate, not because the insurer was unwilling to pay.
- **Understand what your policy covers**. Not all protection policies are the same. Our advisers can help you find the right policy for your needs.
- **Keep your policy up to date**. You should tell your insurer if your contact details change. Remember to review your policy after major life events (like getting married, moving home or having children).

If you have questions about your policy – or if you want to explore how protection could work for you – **get in touch** with us so we can guide you through your options.

* Names changed to protect clients' identities.



Owl Financial is growing!

We're experiencing more demand for protection advice than ever before, which is why we're looking for talented, enthusiastic people to join our team.

If you, a family member or a friend are looking for an exciting new career, get in touch. You don't need any financial services experience; if you're motivated, determined and willing to learn then you'll fit right in.

We can help you get fully qualified as a protection adviser in less than 6 months, and we provide plenty of ongoing support to help you get the most out of your new role.

So if you're...

- **a young professional looking for your first real break**
- **seeking a flexible career that fits your lifestyle**
- **or exploring a rewarding new career**

... this could be the opportunity you've been looking for.

Find out more about a career in financial protection.

With you through life®

If you are interested in finding out more about the products and services offered by Owl Financial, please contact your Owl Financial Protection Adviser or email: enquiries@owlfinancial.co.uk

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