

Sawry

Innovation in action

Kristen Grainger and the
award-winning team at
Charles O'Neill Hostel

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INVESTING IN TOMORROW

How we are
supporting
health care
developments

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BE WELL!

Moving, grooving
and crooning –
wellness ideas for
every type of team

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Welcome

from the CEO



HESTA continues to support your industry through recognising the work that you do and striving to deliver the best possible retirement outcomes for our members.

In the previous edition of *Savvy*, I mentioned that we made a submission to the Senate inquiry into the economic security of women in retirement. In April, the inquiry delivered its report, and we are pleased to see that many of the recommendations HESTA made focussing on system-wide reform of super and tackling unequal pay were referenced strongly throughout. This is a key milestone in the Australian superannuation story and a positive step forward. However, the next step for us is to continue to push to turn these words into actions.

The majority of members have their super invested in the Core Pool option, which posted a positive return of 3.03% for the 2015/16 financial year.

While investment markets were challenging in the last financial year, rest assured that HESTA has not stopped working to get the best possible returns for you. If you had your super invested in Core Pool, you still received a return that was more than that available on bank term deposits or from the Australian or overseas share markets over the same period. You can see the performance of our other options at hesta.com.au/performance

As the super fund more people in health and community services choose for their super, one of our priorities is making sure we are supporting your industry through our investments. On page 10, you can read about how your super may be creating a healthier tomorrow.

We continue to speak to our members and find out what some of you are doing today to build your futures. We had the privilege to speak to Kristen Grainger on page 8, who accepted last year's Team Innovation Award at the HESTA Aged Care Awards on behalf of Catholic Healthcare's Charles O'Neill Hostel. This year's Awards Program has seen many worthy nominations, and it gets harder every year for our judging panel to select a winner. On page 18 we hear from Lee Thomas, Federal Secretary of the Australian Nursing and Midwifery Federation, and one of our esteemed judges of the 2016 HESTA Australian Nursing Awards.

I hope you enjoy reading this edition of *Savvy*.

Debby Blakey, HESTA CEO

Cover Image Kristen Grainger, recipient of the 2016 HESTA Team Innovation Award



A FAMILY AFFAIR

The annual Mother's Day Classic once again put the spotlight on breast cancer research and awareness.

Nearly 100,000 people took part at locations across the country on Sunday 8 May, aiming to raise much-needed funds and awareness for breast cancer.

HESTA NAMED 'SPECIALIST FUND OF THE YEAR'

In May, HESTA was named the 'Specialist Fund of the Year' at the annual Chant West Awards, which publicly recognises super funds that have worked hard to achieve excellence in their specific industry. As the industry fund that solely supports health and community services, we are pleased to accept this award and to be recognised for this specialisation.

ROSINA SHARED HER DREAM & WON!

In the last edition of *Savvy*, we asked you to share your dreams for the future with us in 25 words or less. We were overwhelmed by your responses and were so inspired by the things you told us you wanted to do in the years to come.

Congratulations to Rosina Wilson, who won a full financial plan from one of our qualified HESTA Financial Planners — valued at up to \$3,000. We hope that the HESTA Financial Planning service will be able to provide Rosina with some plans to help her build the future of her dreams.



HESTA has been a key sponsor of the event for the past 19 years.

HESTA CEO Debby Blakey said, "It is very aligned with our values and who we are and the focus on women. For me, what is so special is that when you have lost a mother, Mother's Day is a difficult day. I love the fact that this event makes it less difficult – it gives the day purpose."

DID YOU KNOW?

In the 2015/16 financial year...

Over **\$93.5M** in lost super was rolled into HESTA members' accounts

166,541 HESTA members received the low income super contribution (LISC)

22,161 HESTA members received the government co-contribution (GCC)

Over **\$7.2M** was given to HESTA members through the GCC

See pages 6–7 for more on the GCC



You can read more about HESTA ratings and awards at hesta.com.au/ratings



Product ratings are only one factor to be considered when making a decision. See hesta.com.au/ratings for more information.

This document has been produced to international environmental management standard ISO14001 by a certified green printing company using recycled paper.

The big picture

In order for HESTA to achieve your future retirement goals, we need to think long term. We consider the investment risks and opportunities that may come up, not only over the short term, but over years and even decades.

The HESTA investment team and the investment managers we employ on your behalf consider environmental, social and governance (ESG) factors, which can impact the long-term value of an investment, along with financial analysis.

We're also working at ensuring other investors and companies behave responsibly, while still earning a good return for you.

We're always looking at new ways to build ESG into our investment decision-making process.

As patient, long-term investors, we rarely decide to sell investments due to ESG risks. We believe that in most cases, it's better to work to improve the ESG performance of a company or business. In doing so, our members can benefit from the improved value we've created.

In our latest investment video, HESTA Chief Investment Officer, Robert Fowler, discusses how we're collaborating with others to lower ESG risks and improve the long-term performance of your investments.

FOCUS AREAS IN ESG INVESTING



E

ENVIRONMENTAL

- Climate change
- Pollution
- Resource scarcity



S

SOCIAL

- Workplace health and safety
- Child labour
- Human rights



G

GOVERNANCE

- Executive pay
- Diversity
- Corruption



Watch the video at hesta.com.au/whatisesg to find out how we're working to influence some of the world's biggest companies, as well as governments.

Time to look to the future

It's always nice to think ahead to a time where you might be able to work less and have more time for yourself and your interests.



There are many ways to ensure you have enough super for a comfortable retirement. Making extra contributions is a great start, but if you're in your 60s, one of the most effective ways to boost your super is by implementing a Transition to Retirement (TTR) strategy through an Income Stream.

So how does it work?

TTR lets you restructure the way you receive your income so your take-home pay stays the same, but your super balance grows.



Your income

Take a portion of your before-tax income and put it into your super.

This can have tax benefits, as you will pay 15% tax on this amount instead of your income tax rate.



Your super

Take some of your super to top up your income.



To find out more about what TTR or an Income Stream is, visit hesta.com.au/lookingforward

Looking to the future

These four members share with us why they put a little extra into their super on a regular basis.

Building your future for when you retire is something we often talk about, and putting a little extra aside regularly can really make a positive impact on your lifestyle when it comes to retirement — whenever that may be. We spoke to four HESTA members to find out why they choose to regularly put something extra into their super.

Meet Claire

Medical Admin at a day-procedure centre

Claire loves what she does. After coming to Australia from England in her early 30s, she's been conscious of making up for lost time with her super. A HESTA member for 15 years, she makes the most of every opportunity to put a bit extra into her super. That's why she's taken advantage of the government co-contribution scheme since it was introduced.



“When I'm on a pension, I don't want to worry about if I can have steak for tea or my dogs can have steak. We all like steak!”

Meet Andy

Nurse, Red Cross Blood Service



“It will mean being able to secure some sort of freedom and being able to travel when I retire.”

After an extended time at home with her children, Andy has returned to her career as an Enrolled Nurse with the Australian Red Cross Blood Service. “I didn't work for many years while my three children were little, so I make additional contributions in the hope that I'll have enough to be comfortable and enjoy retirement,” Andy explains. She has been making additional contributions for many years now, and says that the government co-contribution was a big encouragement for her to do it.

Meet Mira

Childcare industry

Mira says she learned all she knows about the importance of super from her dad, a migrant who recognised its benefits early on in his new life in Australia. “I'll retire more comfortably than if I relied on just my employer contributions. Starting at such a young age, I will see the long-term benefits from making additional contributions. And the extra funds put into my super now could mean an additional year or two of retirement at no detriment to me presently,” Mira explains.



“I'm winning, both short and long term.”

Meet Samantha

Cook at an aged care facility

Samantha is no stranger to making additional contributions as a way of topping up her super. A HESTA member for 12 years, she's been making additional contributions for nine of them and has taken advantage of the government co-contribution scheme. She says it's money that she doesn't miss now, and has some wise words for women who believe that they can't spare a few dollars a week to secure their future.



“Do it. Even a small amount each week, which you'll barely notice, will help to make your retirement more comfortable.”



What is the government co-contribution?

The government could put up to \$500 into your super if you:

- Earn less than \$51,021
- Make a contribution from your take home pay.

Find out more at hesta.com.au/gcc



How can I set up my payments?

- Find your BPAY reference number — it's on the first page of your statement, or available in Member Online.
- Login to your online banking and set up a recurring payment.

Get to know these members better by visiting us online at hesta.com.au/gccstories



Heart of the home

Kristen Grainger plays a key role at this award-winning hostel in Newcastle, which provides outstanding aged care to marginalised people, many of whom have serious mental illnesses.

For older people with mental-health issues, having a safe, comfortable place to call home is sadly — more often than not — an impossible dream.

However, for residents of Catholic Healthcare’s Charles O’Neill Hostel in Newcastle, the concept of having a safe home is at the heart of everything that the team who works tirelessly there does.

Kristen Grainger accepted the Team Innovation Award at the 2015 HESTA Aged

Care Awards for the program — ‘A Safe Place to Call Home’. This aims to provide outstanding care to people who have often been turned away or been referred from other services.

Rewarding work

Of the 40 residents at the hostel, 28 have been diagnosed with one or more mental health disorders, some requiring significant support with behavioural symptoms. Despite the challenges,

Kristen is upbeat about her working environment.

“I really enjoy looking after people who have mental health problems. On their good days there is so much energy and creativity in them, they are really fun to be around, and there is so much laughter in the building,” Kristen says.

A place to call home

The concept of the hostel being a true home for the

residents is at the heart of everything the team does, explains Kristen.

“We want them to know and feel like this is their home. They go out and they might stay away for the night but, they can’t wait to come back,” she says.

“When people come to us, they usually have no one in their lives. We try and give them a home — make them feel safe, independent and welcome.”

For many residents, simply having basic facilities — a room, a bed and a toilet — is a revelation.

“We have a gentleman living here who lived on the Sydney–Newcastle train for 20 years. He had a lengthy hospital stay before he came in and he really didn’t have anywhere else to go,” says Kristen.

Art therapy program

Winning a HESTA Award was a major boost for the team, says Kristen. “It made everyone feel so happy and proud to work where we work.”



“ I can’t imagine working anywhere else because I love the people I work with, and I love the people who live there. ”

The prize money has also allowed for an expansion of the hostel’s vital art-therapy program.

“The HESTA Award enabled us to offer it to more residents. We had a resident who came to us from a boarding house and he hadn’t spoken for a very long time. Through our art therapy, social outings and our team encouraging him, he is now speaking and writing — he is a completely different man.”

What’s next for Kristen?

The choice is clear: “I can’t imagine working anywhere else because I love the people I work with, and I love the people who live there.

It is clear that this is indeed a safe place to call home.

Learn more about the awards at hestaawards.com.au

Investing in a healthier tomorrow

How your super is being invested in ground-breaking health care businesses to create the highly skilled jobs of tomorrow.

Did you know that HESTA is one of the few super funds that specifically focuses on supporting the health sector? This includes investments that assist the development of exciting breakthroughs in new products and services. Your super investments may be supporting ground-breaking health care businesses to create the highly skilled jobs of tomorrow.



HESTA also supports the success of large, publicly listed health care companies through investing in their shares. Through your super, you could also be helping to build much-needed health infrastructure that will provide vital services to communities across Australia.

Building high-tech hospitals

Some of our investments in health infrastructure include providing debt finance. Current examples of this include supporting the construction of new hospital facilities, like the Victorian Comprehensive

Cancer Centre (VCCC) and the new Royal Adelaide Hospital.

Our members will work in the state-of-the-art \$1 billion VCCC in its purpose-built facility in Melbourne. This facility will house hundreds of nurses and doctors

Our members will work in the state-of-the-art \$1 billion Victorian Comprehensive Cancer Centre.



working together to support patients and their families, and researchers focused on finding better treatments and cures for cancer.

Supporting innovation

Some of our investment managers also invest on your behalf in a range of small and growing health care companies.

These private equity investments are designed to help small private companies not listed on the stock exchange to develop their ideas for new products, services and technologies, or grow established businesses with a proven track record of performance.

Improving health care products and services

A vocational training and education provider is one example of a business we support that has a specific focus on improving health care services and products. This particular provider focuses on improving the quality and access to training for professionals in health and aged care, and other operators in the sector.

Another company is working to expand the availability of bulk billed in-home GP services, improving access to high-quality healthcare.

We understand that having good equipment in your workplace is vital to making your job easier, which is why

WHAT IS PRIVATE EQUITY?

You have the ability to invest directly in private equity as a HESTA member. This asset class includes investments mainly in unlisted companies (ones that aren't listed on the stock exchange). When our private equity managers invest in health care, they use venture capital strategies or growth strategies.

- Venture-capital strategies look to invest in companies at the early stages of their development.
- Growth strategies support established companies to grow and expand their businesses.

Find out about where your super is invested at hesta.com.au/investmentmanagers

our managers also invest in businesses using the latest technologies to design and manufacture improved hospital and aged care equipment.



Seeing the bigger picture: the importance of net returns

Members of industry super funds benefit from low fees and strong investment performance – which is good news for you.

As a HESTA member, you'd know that your super is working hard to deliver the best possible retirement outcome for you. In fact, independent research shows that members of industry super funds over the past decade are — on average — better off than people with a retail fund.

What is an industry super fund?



An industry super fund is run only to benefit members, has low fees and doesn't pay commissions.

Retail funds are owned by banks and need to make a profit for their shareholders.



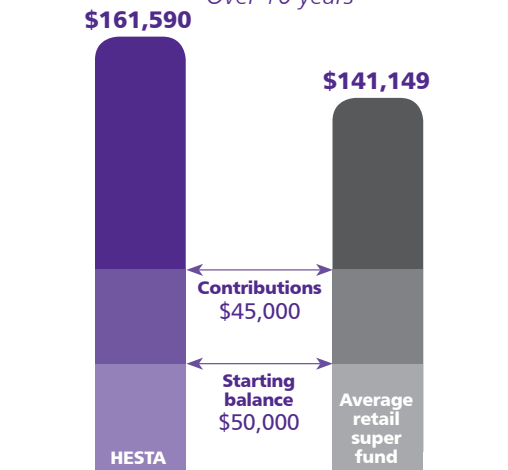
This is because HESTA works hard to keep fees low and competitive, and together with HESTA's strong investment performance, this could mean thousands of dollars more in your account. Super ratings agency, SuperRatings, has stated that over the past 10 years, HESTA has delivered \$20,441 more than the average retail super fund.

The net return — which is the performance of your investments after taxes and fees are paid — is what ends up in your account. That's why HESTA keeps fees as low as possible so more money stays in your account, working hard for you.

So when it comes to thinking about your super, always consider the ongoing fees and costs, as well as the long-term performance, and how those stand to benefit you in the long run.

The big difference

Over 10 years



HESTA delivered \$20,441 more than the average retail super fund

Correct as of 30 June 2015

Find out how much better off you could be as a HESTA member (over 10 years), compared with the average retail fund. Use the HESTA SUPERrater calculator at hesta.com.au/netbenefit

Disclaimer: Past performance is not a reliable indicator of future performance and should never be the sole factor considered when selecting a fund. Comparisons modelled by SuperRatings, commissioned by Industry Super Australia. Modelled outcome shows 10 year average difference in net benefit of the main balanced options of HESTA and 85 retail funds tracked by SuperRatings, with a 10 year performance history, taking into account historical earnings and fees – excluding contribution, entry, exit and additional adviser fees – of main balanced options. Outcomes vary between individual funds. Modelling as at 30 June 2015. See hesta.com.au/netbenefit for more details about modelling calculations and assumptions. Consider a fund's Product Disclosure Statement (PDS) and your personal financial situation, needs or objectives, which are not accounted for in this information, before making an investment decision. Industry Super Australia Pty Ltd ABN 72 158 563 270 Corporate Authorised Representative No. 426006 of Industry Fund Services Ltd ABN 54 007 016 195 AFSL 232514.

Reaching new heights

Suicide rates are rising due to a variety of reasons but ReachOut Australia is using new ways to reach and help young people, as CEO Jono Nicholas explains.

More than 110,000 people access ReachOut Australia each month — day or night — thanks to its online services. With apps, forums and online spaces for shared stories, ReachOut is changing the way young people can access mental health services.

What inspired you to get involved with ReachOut back in 1998?

My father is a clinical psychologist, so to some extent I've been around issues to do with mental health my whole life. Then I lost a close friend to suicide when I was 14. It made me realise I was good at talking to people. I was really passionate about this issue, so I made a decision to commit my career to mental health, particularly

youth mental health and suicide prevention.

How have things changed since then?

When we started ReachOut, the Internet was still new. Now we're launching apps to help people better manage their anxiety. The most important transition has been going from information only to information plus action.

Can you tell us more about how ReachOut connects with young people?

It's what we call a self-care service. We cover everything from exam-stress to relationship breakups to understanding psychosis and everything in between. We essentially have unlimited capacity: 24 hours a day, seven days a week — a young person can access ReachOut.



ReachOut Australia CEO Jono Nicholas.

They will always get through to someone. There will never be an engaged signal; there will never be a closed sign.

What is the new online service for parents of teenagers?

We created ReachOut Parents in partnership with The Benevolent Society.

Suicide is the biggest killer of young Australians and accounts for the deaths of more young people than car accidents.

One in six young Australians is currently experiencing an anxiety condition.

One in 16 young Australians is currently experiencing depression.

To find out more about ReachOut, visit reachout.com



Source: beyondblue

Research from Mission Australia shows that if a young person is going through a tough time, they turn to three sources of support: their friends, their parents, or the Internet. For many years we have engaged young people directly. There was a missing part – we saw that if we could deliver a great service for parents to enable them to better help their young people, then we could extend our mission further.

What about services for professionals who work with young people?

ReachOut Professionals is a tool to use in conjunction with face-to-face care. On that site, there are lots of ways in which a mental health professional, or a nurse for example, could

use ReachOut as part of the care for a young person. We're really keen to work in partnerships with professionals in the care of their clients, and if there are opportunities, then we'd love to hear from them.

HESTA supports the impact that organisations — like ReachOut — make within the community sector. We will be recognising these organisations and initiatives at the 2016 HESTA Community Sector Awards on 17 November. Tickets are on sale now — find out more communitysectorawards.com

SOPHIE SAUERMANN REACHOUT YOUTH AMBASSADOR

Sophie discovered ReachOut when she was doing her higher school certificate (HSC). At that time her sister was suffering from anorexia, which also had an impact on Sophie's mental health. She turned to the Internet for help. "I really can't express how much

ReachOut helped me, both in terms of providing accessible information about anorexia — which helped me understand what my sister was going through — and tips on how to be there for someone struggling with mental illness while taking care of myself first."



Ideas for a happy, healthy workplace

We asked HESTA members about their workplace wellness programs — here are some of the best examples and ideas on how to start your initiative with colleagues.

Mention the words ‘workplace wellness’ and chances are people will immediately think of running groups or yoga sessions.

Physical activities are a great way to boost workplace health, but there are other options that are great for mental health, too.

In New South Wales, the Riverview Early Learning Centre has embraced weekly Zumba classes as a way to help keep busy employees fit. Centre cook, Kristy Ford, led the charge after she and other colleagues found they all struggled to fit in exercise around their work hours. The benefits? “Definitely better relationships — we all get a bit of a giggle out of it. It’s something fun we can all do together as a team building exercise,” says Kristy.

While physical activities are great for overall health and wellbeing, a workplace wellness program can encompass a variety of different aspects.

Victoria’s Marriott Industries, an Australian Disability Enterprise, formed a singing group called Marriott Musos in 2014. While the original intent was for the group to perform at Marriott’s 40th anniversary fête, the group went on to become a regular feature, rehearsing and performing each week. The weekly practice aids participants with reading, expression, discipline and a sense of pride and achievement.

There are many benefits to running these types of programs. “Research shows that employee wellbeing directly influences

engagement, attendance, productivity, performance and retention,” says Adele Sinclair, Founder and Head Coach of Wellness at Work, a wellness consultancy.

Finding the right fit

If your workplace is considering a new program it is important that they understand you and your colleagues’ specific needs and interests.

“While training, yoga sessions and massages can be great morale boosters, it’s everyday workplace activities that really influence employee wellness long term,” she adds.

Supporting financial wellbeing

And wellness doesn’t only cover physical or mental health programs – financial wellbeing is a key pillar for overall health and wellbeing.

ME has a financial wellness program that was developed in partnership with HESTA. This aims to provide organisations’ employees with a range of tools to help them plan for their futures.

“We have recognised that we can play a meaningful role helping all Australians get ahead, reducing their financial anxiety and bringing out their financial best,” says ME’s Leanne Gregory-Aylett.

If you are interested in finding out more about the financial wellness program that ME and HESTA provide, be sure to mention it to your manager or HR department, as workshops can be run in your workplace at a time that suits your organisation.

Find out how HESTA can help in your workplace

Tailor your own program

Topics include:

- The basics of super
- The government co-contribution scheme
- How low-cost insurance through HESTA works
- Consolidating multiple super accounts
- Making extra super contributions
- Choosing how your super’s invested.

Money makeover

Suitable for those wanting to make over their finances

Three ways this workshop can help:

- ✓ Balance your budget
- ✓ Lower your finance costs
- ✓ Make a difference to your super and retirement.

Transition to Retirement

Suitable for age 50+

Outlines the options available to increase your super, leading up to retirement.

Topics include:

1 adequacy of income in retirement	2 contribution and investment options	3 transition to retirement strategies
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Create your future

This interactive two-hour workshop covers both non-financial and financial issues many people face when transitioning to retirement.

It’s as simple as ABC:

- A** is for **Aspire** - what’s your retirement dream?
- B** is for **Believe** - that you can achieve a comfortable lifestyle in retirement
- C** is for **Create** - how to make it happen.

To arrange a workplace visit, go to hesta.com.au/workplacevisit

SIXTY SECONDS WITH...



LEE THOMAS
FEDERAL SECRETARY AT AUSTRALIAN NURSING & MIDWIFERY FEDERATION



As a recognised personality in the health care industry, Lee chats to us about her career and shares her insights on being a judge for the HESTA Australian Nursing Awards.

As Federal Secretary at ANMF, my main priority is... to ensure the working lives of nurses, midwives and assistants in nursing are protected, that healthcare funding remains a priority, and that the ANMF remains a powerful industrial, professional, political and campaigning union.

Throughout my career, I have learnt to... never give up. There have been many times during my union career (now almost 20 years) where I have felt like giving up on what I was fighting for, but I'd always forge ahead because ultimately — it's the patients who either win or lose.

What I find most rewarding about judging the HESTA Australian Nursing Awards is... seeing how hardworking and dedicated Australia's nurses are. These awards publicly recognise the lengths that many will go to ensure they are delivering quality care, irrespective of the environment.

Advice I would give young nurses and midwives is... some shifts are tough, others are terrific, but overall, it's a great career. It will take you places, and the communities you work in will always respect you.

“ HESTA provides a platform to profile the amazing work that many of them do — who would otherwise be unseen in our communities.” ”

I admire... strong women who excel in traditionally male-dominated professions such as Christine Lagarde (International Monetary Fund), Julia Gillard (former PM), my fellow female national union secretaries — I think you get the picture?

Three words that describe me are... gee, this question is a tough one! But I would say, determined, outgoing, happy.

Cream of the crop

As part of the 2016 HESTA Australian Nursing Awards judging panel, Lee had the challenging task of choosing the worthy winners from a group of finalists of an outstanding calibre.



Angie Monk
Nurse of the Year
Ramsay Health Care — Joondalup Health Campus, Joondalup, WA

Having developed a leading blood management program to improve the recovery of patients undergoing major surgery, Angie was clearly recognised for her advocacy, leadership and innovation. A true pioneer in her field, this award is another accolade for Angie in a distinguished 40-year career in nursing and midwifery.



Shelley Cook
Outstanding Graduate
Alfred Health, Prahran, Vic

Shelley stood out to the judges for her leading role in the development of a staff training project, which aimed to raise awareness about strategies used when working with patients from diverse backgrounds. She demonstrated many leadership qualities through her advocating for patient care and mentoring colleagues new to nursing.



Clinical Service Team, integratedliving Australia
Team Excellence
Muswellbrook, NSW

integratedliving is a key provider of in-home support services for the elderly in regional and remote areas with a significant number of Indigenous clients. Bron McCrae (pictured) and the clinical team were recognised for identifying an opportunity to fulfil a community need with an innovative approach to meals provision for Aboriginal people, promoting improved diet and health outcomes.

The HESTA Australian Nursing Awards return in 2017 as the HESTA Australian Nursing and Midwifery Awards. To stay updated on latest awards information, subscribe at hestaawards.com.au

Who do you turn to when you need advice?

Did you know that at HESTA, we have a team of experts who are ready and waiting to provide you with the advice you need?

Whether you have a general question about your HESTA account or would like some tailored, personal advice about your retirement strategy, we can help.

Not sure who to ask or where to go?

Our advice team is available to guide you in the right direction and to figure out what it is you need. Read on for some examples.

Jai
Will I have enough in retirement?

Candace
I need some advice about Centrelink, and my combined situation with my partner.

Sam
What's my current account balance?

Jai could use the Retirement Adequacy Calculator on the HESTA website to figure out how much he might have in retirement.

It sounds like Candace needs some advice that is outside of super.
She could talk to one of our Financial Planners, who provide expert advice on a range of financial matters.

Sam can check this easily online.
She just needs to login to Member Online – hesta.com.au/mol

John
What can I do to improve my retirement outcome?

Rachel
I would like some personal advice about my HESTA account.

Mei
I wonder if a Transition to Retirement strategy is right for me?

John, Rachel and Mei have a range of general and personal questions, which can be approached in different ways.

To take out the guesswork, they could send us their enquiries online at hesta.com.au/advice and we'll direct them to the best person to talk to.

So, where do I start?

- Use our online tools at hesta.com.au/calculator
- If you need to talk to someone, one of our Superannuation Advisors can help.
- Attend one of our free seminars hesta.com.au/seminars
- We can even come to your workplace. Make an online enquiry at hesta.com.au/workplacevisit
- To request personal advice visit hesta.com.au/advice, and we'll be in contact with you about next steps.

Money myths debunked

Forget the mistakes and misconceptions. We bust three common money myths.

Finances are a central part of our everyday lives and being able to sort fiction from fact can make a big difference when it comes to your future financial planning.

Myth 1: “Avoid credit cards – it’ll all end in tears”

Credit cards have some real upsides. They’re incredibly handy in an emergency as they let you build a credit score.

Choose a low-rate card charging the same rate for purchases and cash advances, with zero annual card fees. They do exist. Check out ME’s frank credit card*.

Myth 2: “No one ever pays off their home loan”

Did you know that one in three Australians own their home outright? Join the club with a few simple strategies.

First, check the rate on your current home loan. Switching to a lower rate loan can see you enjoy home loan freedom sooner. Next, aim to pay more than the minimum — adding a bit extra to each loan repayment always helps.

Or consider a home loan offset account. It lets you use spare cash to whittle away the loan balance.



Myth 3: “I use an online savings account so I earn a high rate”

Plenty of banks offer eye-catching rates on online saving accounts. Take a good look at the fine print though. Chances are it’s an introductory rate lasting just a few months. After that, the rate you earn could sink faster than the *Titanic*.

Don’t be lured by short-term sweeteners. You’re likely to earn a better return overall by using an online saver that offers a consistently healthy rate.



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*Credit criteria, conditions, fees and charges apply.

Beets treat

Beetroot is credited with a range of health benefits, from helping to lower blood pressure to increasing blood flow. Try this delicious new take on beets — perfect for home or to share at work.

Chef and yoga guru Kimberly Parsons is an Aussie who is taking holistic health to new levels in the UK and around the world. She follows the yogic principle that by combining our diet with our holistic health, we can unite and strengthen our entire system.

CHOCOLATE BEETROOT CAKE

Makes one large 26cm cake

For the cake

- 600ml raw honey
- 600g cooked beetroot, pureed in a blender or food processor
- 6 eggs
- 300ml extra virgin olive oil
- ½ vanilla pod, seeds scraped out
- 160g raw cacao powder
- 400g buckwheat flour
- 4 teaspoons gluten-free baking powder
- 2 pears, cored and thinly sliced

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This is an edited extract from *The Yoga Kitchen* by Kimberly Parsons published by Quadrille.

Preheat the oven to 180°C fan. Grease a 26cm springform cake tin, lined with baking paper.

Combine the honey, beetroot puree, eggs, olive oil and vanilla seeds in a large bowl and whisk vigorously to mix the eggs well. Add all the dry ingredients and mix well until smooth.

Pour the mixture into the springform baking tin. Place the pear slices around the edges of the cake and bake for 50–60 minutes or until the middle has risen but still feels a little gooey. Remove from the oven and allow to cool in the tin.

When the cake is ready, remove it from its tin. Sprinkle the plate with finely chopped pistachios and consider serving with poached pears. Enjoy!

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