POST 1 (POLL):

**What’s most important to you in a career abroad?**

**Earning potential**

**Job security**

**Work/life balance**

**Employee benefits**

POST 2 (18th May):

**POST COPY:   
Integrating with the people and culture of your new home is key to happiness as an expat. What are your tips for joining a new community? #expats #livingabroad**

POST 3 (20th May):

**POST COPY:**

**The teenage years are notoriously difficult to navigate. Check out these simple ways to support the teens in your life. #teenmentalhealth #teenagers**

**POST 4 (24th May):**

**POST COPY:**

**There are many reasons why working abroad will both benefit you personally, and in your career. If you have already made a move abroad to work or study, what do you feel you gained by making the move? #livingabroad #workingabroad #expats**

**POST 5 (26th May):**

**POST COPY:   
Moving abroad with your family? Our country guides can help you get started with tips on what to expect and a handy checklist of things to do before you move.** [**https://www.cignaglobal.com/country-guide**](https://www.cignaglobal.com/country-guide) **#livingabroad #workingabroad**

**POST 6 (28th May):**

**POST COPY:   
Moving abroad to study can be beneficial in many ways. Did you make the move and study overseas? What do you feel you gained from the experience? #livingabroad #studyingabroad**

POST 7 (31st May):

**POST COPY:   
There are immediate and long-term health benefits to quitting tobacco. For help and advice on how to start stopping, visit** [**https://www.euro.who.int/en/media-centre/events/events/2021/05/world-no-tobacco-day-2021-commit-to-quit**](https://urldefense.com/v3/__https:/www.euro.who.int/en/media-centre/events/events/2021/05/world-no-tobacco-day-2021-commit-to-quit__;!!FEyU5bU!SwXfK8wGG6Vznm5USSQlXUyWK-w9_H55f7pJBkpeDfTjbmi9LmKSgDY_CGH4wNGN93QsR1k$) #committoquit #WorldNoTobaccoDay

POST 8 (1st June):

**POST COPY:   
Knowing what motivates you is key to success in achieving a new health goal. Our recent poll asked what kind of motivation works for you, and results showed 36% of you were happy to set your own goals while 36% needed a challenge in order to get going. Read more about the different types of motivation and how they can work for you here** [**https://comms.cigna.com/checkin-individuals-customers-motivation**](https://comms.cigna.com/checkin-individuals-customers-motivation) **#healthcare #motivated #settinggoals**