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Legal & General launches a Midlife MOT course to support those aged 40 to 60

Regular Midlife MOT check-ups now will lay the foundations for your future

Today Legal & General launches its [Midlife MOT](#); a free, educational course, in partnership with The Open University (OU).

The Midlife MOT is open to everyone, regardless of whether they are one of the insurance and retirement provider's customers, and covers three key areas identified by the Department for Work and Pensions (DWP): work, wealth and wellbeing. It has been designed to support those aged 40 to 60 by giving them the tools and knowledge to approach mid and later life with confidence.

Created by OU's experts and leveraging Legal & General's extensive knowledge on retirement finances, the content is easily accessible whenever it is most convenient for the user.

The course is a timely exercise for many, as today's midlifers are facing a series of challenges.

More than six million people aged 40 to 60 (33%) are currently providing financial support or unpaid care to at least one loved one, on top of their job and other family commitments.

The support required of people in midlife has a significant impact on their lives, effecting their own work, wealth and wellbeing. Two out of five people in this age group (42%) feel overwhelmed by their commitments on at least a weekly basis, while 800,000 people (4%) have left work in the last 18 months due to family commitments.

Many midlifers feel the amount of money (15%) and time (10%) they provide to their loved ones is unsustainable, but, at the same time, many know their loved ones would not be able to support themselves without this help (36%).

These pressures result in midlifers making personal sacrifices. One in four people in midlife (25%) gets less than an hour to themselves in a day and one in five (19%) spend no time on improving their financial wellbeing, which could affect their retirement plans.

The impact of Covid, and the cost-of-living crisis has brought these challenges and the need for more support around work, wealth and wellbeing into even sharper focus.

This has been recognised by the DWP which has given a £400,000 funding boost for Midlife MOTs, to help people take stock of their health, skills and wealth as part of later-life planning.

“We know that midlife is a time when many people are facing complex challenges, unique to their age group; wondering about the next stage in their career, juggling support for family members young and old and thinking about how to fund retirement. That’s why at Legal & General, we have created a Midlife MOT course. The positive response to our pilot shows it’s a timely exercise for many and one that will allow those in midlife to have confidence in the next stage of their life.

“Many people underestimate what they will need in later life, so education and knowledge are critical to ensure people have the retirement they want. Regular check ins on your current situation will help lay the foundations for your future, which is why it’s so important that those in midlife have this support.”

Emma Byron, Managing Director, Legal & General Retirement Solutions

“I’m a huge supporter of midlife MOTs, so it’s great to see Legal & General partnering with the Open University to deliver a course to help people between 40 and 60 build financial resilience and enjoy fuller working lives.

“The last two years have brought the importance of financial resilience into sharp focus – making a free online Midlife MOT course a timely initiative. I strongly encourage other companies and organisations to follow this example.”

Guy Opperman, Minister for Pensions and Financial Inclusion at Department for Work and Pensions (DWP)

“As we live longer with many juggling lots of different responsibilities, it is more important than ever to take the time to reflect on where we are and where we want to be going. The Midlife MOT is a fantastic opportunity for those in midlife to focus on the inter-connected areas of work, wealth and well-being. We were delighted to work with Legal & General to empower people to consider what changes they may need to make to benefit themselves and their families for a better future life.”

Dr Shraddha Verma, Head of the Department of Accounting and Finance at the OU

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Opinium survey of 4,009 UK adults aged between 40 and 60 years old in the UK was conducted between the 28th December and 6th January 2021

Details of the Midlife MOT course

The Midlife MOT course, aimed at those aged 40-60, covers the key subject areas of wealth, work and wellbeing.

You look at how to get your personal finances in order both for today’s needs and for later life. The course covers budgeting, how to cut spending painlessly, reorganising your debts and how to build up your investments to supplement your pension in later life. There’s a ten-point checklist too that identifies what areas of your finances are in order and which need attention.

Then you get the chance to review your working life – is it the right time to change job, start a new career or even start a business? Or you may just want a steer on how to make more of the opportunities available at your current employer. You begin this part of the course by reflecting on what you really want from work and what would give you greatest satisfaction before assessing the different paths you could take.

In the third part of the course you explore your wellbeing – checking your physical and mental health. How healthy is your current lifestyle? You assess this with an interactive quiz that also provides tips on how to improve your wellbeing. This part of the course is arranged around the five pillars of wellbeing – nutrition, hydration, physical activity, cognitive stimulation and social stimulation. And links are provided to enable you to explore in detail specific ways to check and improve your wellbeing – for example with exercise routines.

Filled with videos, quizzes and interactive tools the course is fun and easy to study:

[Midlife MOT: wealth, work and wellbeing - OpenLearn - Open University](#)

Notes to editors

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About Legal & General

Established in 1836, Legal & General is one of the UK's leading financial services groups and a major global investor, with international businesses in the US, Europe, Middle East and Asia. With almost £1.3 trillion in total assets under management*, we are the UK's largest investment manager for corporate pension schemes and a UK market leader in pension risk transfer, alternative asset origination, life insurance, workplace pensions and retirement income. Through inclusive capitalism, we aim to build a better society by investing in long-term assets that benefit everyone.

** at 30 June 2021*

About Legal & General Retail Retirement (LGRR)

Legal & General Retail Retirement's mission is to help its customers lead longer, healthier, happier lives. We believe everyone should be able to have a 'more colourful retirement'. The Division comprises the Group's retirement savings and income, later life lending and care solutions businesses. In 2020, LGRR wrote £910 million of annuity premiums and issued £791 million of lifetime and retirement interest only mortgages.

About the Legal & General / Open University Midlife MOT

The Midlife MOT course from Legal & General, produced in collaboration with the Open University, is an educational best-in-class course which is free for everyone aged 40 to 60 to use, to help them plan better in their midlife and make informed choices about their future.

Using the Open University's OpenLearn platform to build the course and its experts to draft the course content, coupled with Legal & General's extensive knowledge on retirement finances, the course will be independent, readily available to all and easy to access whenever it is convenient for the user. Content will cover the three areas identified by the Department of Work and Pensions (DWP): work, wealth and wellbeing.

Legal & General is committed to working closely with stakeholders to support those in midlife.

About The Open University

The Open University (OU) is the largest academic institution in the UK, operating in all four nations, and a world leader in flexible distance learning. Since it began in 1969, the OU has taught more than two million students worldwide and has 205,000 current students, including more than 8,000 overseas.

Over 76% of students are in full-time or part-time employment, and three out of five FTSE 100 companies have sponsored staff to take OU courses.

In the latest assessment exercise for university research (Research Excellence Framework, 2014), nearly three quarters (72%) of OU research was assessed as 4 or 3 star – the highest ratings available, awarded to research that is world-leading or internationally excellent. The OU is unique among UK universities having both an access mission and demonstrating research excellence.

Regarded as the UK's major e-learning institution, the OU is a world leader in developing technology to increase access to education on a global scale. Its vast 'open content portfolio' includes free study units, as well as games, videos and academic articles, which have reached over 36 million people.

For further information please visit [The Open University](https://www.open.ac.uk)

The Midlife MOT course is hosted on the **OU platform, OpenLearn**, the home of free learning from the OU, includes over 35,000 pages of high-quality resources, including 1,000 free courses as well as educational games, videos and academic articles, reaching an audience of over 14 million a year.

Beyond learning with OpenLearn

OpenLearn has recently achieved the milestone of serving 100 million visitors as one of the leading free learning platforms in the world. Since March 2020, OpenLearn has built on our pioneering experience in distance learning to give over 26 million people access to vital educational resources to help develop new skills.

"OpenLearn is a treasure – helping to build a healthier, fairer, and more environmentally aware society. It has been a learning lifeline for millions, especially through the pandemic. 100 million visitors – wow! I am incredibly proud of the achievement and the work of OU colleagues who make this possible."

Martha Lane-Fox, OU Chancellor