

## Start with these tips:

**Get an estimate of what you'll need.** Some experts estimate you will need at least 70 to 90 percent of your pre-retirement income to maintain your standard of living once you no longer work. To help plan for your future expenses, visit: <a href="https://www.investor.gov/tools/other-resources">https://www.investor.gov/tools/other-resources</a>

**See how much Social Security will contribute.** On average, Social Security will provide about 40 percent of your post-retirement budget. Find an estimate of your Social Security benefit in the year you plan to retire by visiting: https://www.ssa.gov/benefits/retirement/estimator.html

Contribute all you can to your workplace retirement savings plan. Many employers contribute up to a certain match in a 401(k) plan but not more if employees contribute beyond the match. Over time, compound interest can add up—just avoid touching your savings plan until you retire!

**Look into savings and investment options.** Find information about IRAs (individual retirement accounts) and more. Visit: <a href="https://www.irs.gov/retirement-plans/plan-sponsor/types-ofretirement-plans">https://www.irs.gov/retirement-plans/plan-sponsor/types-ofretirement-plans</a>

**Pay off your debts!** No investment strategy pays off as well as, or with less risk than, eliminating high-interest debt on credit cards, for example. For expert credit counseling and advice on paying down debts, visit: <a href="https://www.nfcc.org/">https://www.nfcc.org/</a>

Plan to work beyond the normal retirement age. Each year you delay taking your Social Security benefit qualifies you for an 8 percent higher amount in your monthly Social Security check. To find out more, visit: <a href="https://www.ssa.gov/planners/retire/agereduction.html">www.ssa.gov/planners/retire/agereduction.html</a> \*

**Supercharge your savings.** Examples include: increasing your 401(k) contributions each time you get a raise; downsizing to a more affordable house, car, or cable plan; limiting dining out in favor of more potlucks, shopping at outlet or discount clothing or food stores, and taking on a side job.

Retirement planning depends on many individual factors. Consider working with a professional financial advisor for guidance.

Turn to us—we can help.



Download the app today!

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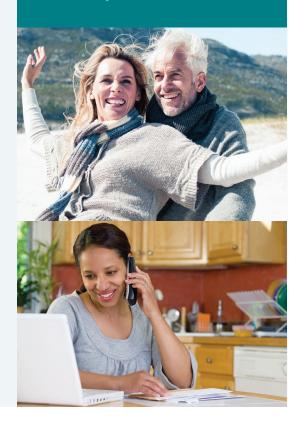
## Need help understanding Medicare? **We can help.**

If you're nearing retirement, losing your employer-paid health coverage, and becoming Medicare-eligible, a Health Advocate Medicare specialist can review your options. We will:

- Explain Medicare parts, costs
- Review enrollment dates to avoid penalties
- Do side-by-side comparisons of options
- Help guide you to options that may be best for your health needs and budget

If you are retiring and **not** yet eligible for Medicare, we can help you look for independent health plans.

Call us anytime.



**We're not an insurance company.** West's Health Advocate Solutions is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.