

Financial Wellness 360° Advisor Connection

See back cover for more information



What does retirement look like?

How do you envision your retirement?

Choose five of the following statements that describe your retirement plans:

Spend time with my children and grandchildren	☐ Give to my community and charities
\square Pass business on to family	\square Give to family
☐ Continue to work in retirement	\square Enjoy financial sense of
□ Stop working completely	security
\square Pursue further education	\square Stay in my home
□ Turn my hobby into a	\square Move to a better place
business	\square Manage health issues
□ Travel	\square Put more time into leisure
□ Volunteer	activities
	□ Do things I haven't vet done



What does retirement look like?

List some specifics about the kind of retirement you envision:

Estimating your retirement income needs — an example

1

Calculate your take home pay

Current annual salary	\$60,000
18% income taxes	- \$11,000
3% savings	- \$2,000
Total needed to maintain current standard of living	\$47,000

2

Calculate your replacement ratio

Take home pay	\$47,000
Current annual salary	÷ \$60,000
Replacement ratio	78%

This is a hypothetical example for illustrative purposes only.

On average, 70-80 percent income replacement maintains a standard of living.

Step 1

Calculate take-home pay	Example	Your replacement ratio	
Salary	\$60,000	Your current salary	\$
18% income taxes	\$11,000	Income taxes	- \$
3% savings	\$2,000	Amount directed to savings	- \$
Total needed to maintain standard of living	\$47,000	Estimated take-home pay to maintain current standard of living	= \$

Step 2

Calculate replacement ratio			
Take-home pay	\$47,000	Your annual take-home pay	\$
Current annual salary	÷ \$60,000	Your current annual salary	÷ \$
Replacement ratio	78%	Your potential salary replacement ratio in retirement	=

This example is only one way to estimate your income needs. Income replacement ratios vary depending on your wealth, lifestyle and other factors related to your unique situation. This is a hypothetical example for illustrative purposes.

Estimating your retirement budget

Expenses	Current monthly	Estimated retirement
Mortgage / Housing		
Loans		
Car		
Credit cards		
Health care		
Insurance		
Out of pocket		
Prescription meds		
Dental		
Vision		
Entertainment		
Personal care		
Travel		
Charitable contributions		

Estimating your retirement budget

Expenses	Current monthly	Estimated retirement
Insurance		
Home / renters		
Automobile		
Life & Long-term care		
Other		
Gifts		
Memberships		
Pet related		
Total		

Remember to adjust future expenses for inflation.

Forecast your retirement income needs

Are you on track?

Use the AARP retirement calculator to get a quick snapshot of your current progress.

aarp.org/work/retirement-planning/retirement_calculator



AARP products and services are the sole responsibility of AARP. AARP is not affiliated with Securian Financial Group Inc., Securian Life Insurance Company or Minnesota Life Insurance Company.

Identify your retirement income sources

- Social Security
- Employer retirement plan
- Pension plan income
- Personal investments and assets
- Annuities
- Working in retirement
- Other?

Notes

Find your estimated benefit

Visit ssa.gov for benefit and program information

- Create an account to view your earnings and estimated retirement benefits at full retirement age

Find an office near you or call the Social Security Administration at 1-800-772-1213

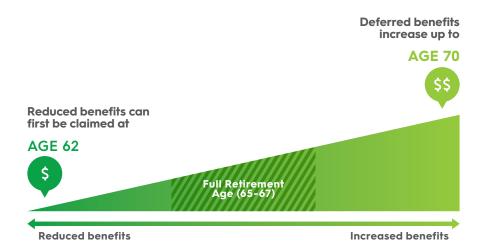


ssa.gov resources

- Source for information
- Register for your benefit statement it provides a projection of your benefits
- Check your statement annually
- Make sure your name and earnings record are correct.

Hypothetical example for illustrative purposes only.

Social Security benefits



Notes

Strategies to improve retirement security

- Diversify investments*
- Manage emotions to deal with market volatility
- · Consider adjusting investment mix as you age
- Plan for longevity
- Sequence of returns risk
- Adjust for inflation
- Plan for medical expenses

^{*}Diversification does not quarantee against loss. It is a method used to manage risk.

Will the savings last?

Savings	\$200,000	\$300,000	\$400,000	\$500,000	\$1,000,000
Monthly withdrawal amount	Number of	years your sa	ıving may las	t	
\$1,000	23 years,	45 years,	More than	More than	More than
	3 months	8 months	80 years	80 years	80 years
\$2,000	9 years,	15 years,	23 years,	32 years,	More than
	9 months	10 months	3 months	8 months	80 years
\$3,000	6 years,	9 years, 9	13 years, 8	18 years,	58 years,
	2 months	months	months	2 months	1 month
\$4,000	4 years,	7 years,	9 years,	12 years,	32 years,
	7 months	1 month	9 months	8 months	8 months

This is a hypothetical example for illustrative purposes only. It assumes that the withdrawal amount will increase by 3 percent at the beginning of each year to accommodate a cost of living increase, and investments are earning a 6 percent return, which is not indicative of any particular investment. Investment returns will fluctuate and when redeemed, may be worth more or less than originally invested.

Take action now

Take action to work toward your retirement security

\square Bring your retirement strategy into focus
 Create an account on ssa.gov to obtain your personal Social Security benefit statement
☐ Take advantage of your employer's plan(s)
☐ Determine retirement income sources
Meet with a financial professional

Notes

Milestone ages

Age	Considerations
50	May be eligible for catch-up contributions, an extra amount that those over 50 can add to 401(k) and other retirement accounts.
55	Employees who separate from a job between ages 55 and 59½ may be able to make a penalty-free withdrawal from their 401(k) or similar employer-sponsored retirement plan.
59½	Federal tax penalties on early withdrawals from retirement accounts expire. Leaving money invested means more time for potential growth. All withdrawals subject to ordinary income tax.
62	Earliest age to receive Social Security Benefits. Early benefits result in a reduction of as much as 30 percent of benefits received at Full Retirement Age.
65	Eligible for Medicare
67	Eligible for full Social Security benefits for those born after 1959. Full benefit ages staggered for those born between 1955 and 1959.
72	Start taking minimum withdrawals from most qualified retirement accounts. Failure to take withdrawals may result in large tax penalties.

Contacts

Some IRAs have contribution limitations and tax consequences for early withdrawals. For complete details, consult your tax advisor or attorney.

Distributions from traditional IRAs and employer sponsored retirement plans are taxed as ordinary income, and if taken prior to reaching age 59½, may be subject to an additional 10% IRS tax penalty.

Advisor Connection services are not part of your group contract with Securian Financial and may be discontinued at any time.

Financial professionals do not provide specific tax/legal advice and this information should not be considered as such. You should always consult your tax or legal advisor regarding your own specific situation.

This is a general communication for informational and educational purposes. The information is not designed, or intended, to be applicable to any person's individual circumstances. It should not be considered investment advice, nor does it constitute a recommendation that anyone engage in (or refrain from) a particular course of action. If you are seeking investment advice or recommendations, please contact your financial professional.

Securian Financial is the marketing name for Securian Financial Group, Inc., and its subsidiaries.



securian.com