



Retirement on the Brain

Future Wealth and Health

As you're growing your retirement savings and planning for the future, keep this in mind:

- We're living longer
- We'll be facing more health challenges
- Health care, especially prescriptions, will continue to get more expensive
- Insurance may cover fewer expenses



Are you prepared for how much health care may cost in retirement?



\$315,000

The average 65-year-old couple will need an estimated \$315,000 to cover health care costs in retirement.

— Fidelity Investment Retiree Health-Care Cost Estimate, 2023

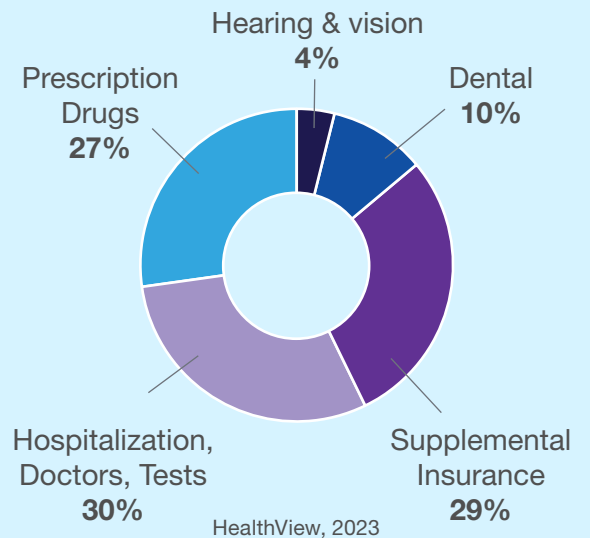


Almost 50%

Almost 50% of already-retired Boomers say they're spending more on health care than they had planned.

— Forbes, 2023

How will you spend your health care dollars?

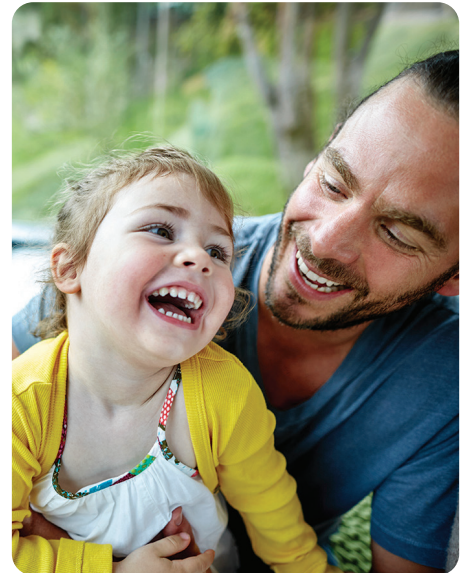


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Countdown to a Healthy Retirement

Your Mission: Be Ready

- 1. Stick to healthy habits.** This can help you spend less on medical care, now and in the future.
- 2. Add tax-free funds to your Health Savings Account,** if you have one.
- 3. Invest for the long term by diversifying your portfolio.** Your plan may offer pre-made portfolios or target date funds that address this.
- 4. Use a tool to estimate your future health care costs.**
- 5. Keep saving for retirement.** By saving more now, you'll have more money available to cover your health care expenses later.



Age 20–35

Target Savings Goal:

10-15%
each paycheck

Aim to start saving as early as you can.



Age 36–50

Target Savings Goal:

15-20%
each paycheck

Talk to a financial planner about ways to save more to cover future health care costs.



Age 51+

Target Savings Goal:

20% or more
each paycheck

Research Medicare plans. Go to [medicare.gov](https://www.medicare.gov) for details.

Source: Nerd Wallet, 2024

Act now for a smooth liftoff in retirement. Enroll in your retirement plan or increase your contribution. Go to standard.com/retirement.

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