

Retirement on the Brain

# Future Wealth and Health

Plan for health care as you plan for retirement



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.



You may already be saving to pay for housing, utilities, insurance, travel and major purchases in retirement. **But have you factored in your future health care costs?**

You probably won't have health insurance through an employer. **You'll be responsible for paying your health insurance premiums and out-of-pocket costs.**



**\$260,000**

The average 65-year-old couple will need an estimated \$260,000 to cover health care costs in retirement.

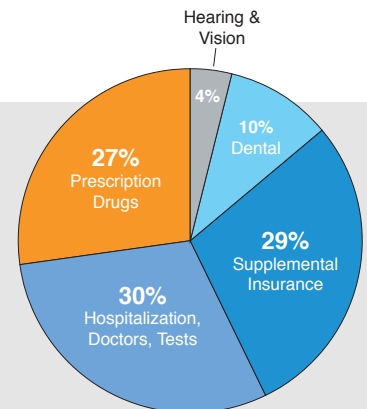
— Fidelity Investment Retiree Health-Care Cost Estimate, 2016



**43%**

43% of already-retired Boomers say they're spending more on health care than they had planned.

— Capital Group, 2017



**How will you spend your health care dollars?**

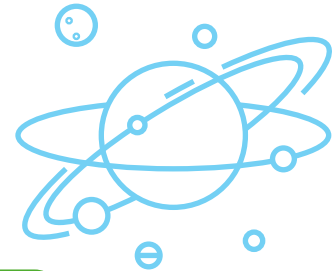
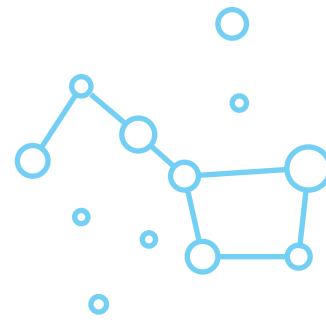
— HealthView Services, 2017

Continued on reverse

## Countdown to a Healthy Retirement

### Your Mission: Be Ready

- 5 Stick to healthy habits. This can help you spend less on medical care, now and in the future.
- 4 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.
- 2 Use a tool to estimate your future health care costs.
- 1 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 Save:**  
1x annual salary

Aim to start saving as early as you can.

### Age 51+

**Target Savings Goal:**  
20% or more each paycheck

**Aim to Save:**  
7x annual salary

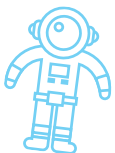
Research Medicare plans. Go to [medicare.gov](http://medicare.gov) for details.

### Age 36-50

**Target Savings Goal:**  
15-20% each paycheck

**Aim to Save:**  
3.5x annual salary

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



**Act now for a smooth liftoff in retirement. Enroll in your retirement plan or increase your contribution.**

Go to [standard.com/retirement](http://standard.com/retirement).

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