

RETIREMENT QUESTIONS TO ASK YOURSELF AT EVERY LIFE STAGE

20s

1. How do I make most out of my employer offered retirement savings plan?

Don't leave free money on the table - put at least the minimum amount into an employer-sponsored retirement plan to earn the match.

2. Do I have a handle on my other monthly financial needs?

Make a monthly budget that factors in retirement savings while juggling other financial obligations.

3. Can I afford to save even more?

The earlier and the more funds you can put away in retirement, the more time your money has to grow.

4. Do I know my credit score, and what it implies?

Credit scores in the excellent and good range enable you to get better rates on loans and access to more credit products.



Getting your credit score is free and does not impact your credit history.

30s

1. Is my emergency savings fully funded?

When you're hopefully making a bit more in your career and possibly planning to have a family, focus on keeping this account full.



Experts recommend three to six months of expenses in an emergency fund.²

2. Am I saving enough for my retirement goals?

Lifestyle choices — like where you'll live, whether you'd like to travel, entertaining and nights out — all factor into how much you might need for retirement.

3. Do I know what kind of legacy I want to leave?

Check in on your estate plan yearly to ensure it still meets all of your needs. Also, protect yourself and your family with adequate life and disability insurance policies.

40s

1. Should I increase my retirement contributions?

If you paid off student loan or other debts, consider reallocating that money to your retirement.

2. Should I consider opening a supplemental retirement account?

Opening an IRA can help you stow away even more. Don't be too conservative with investments, so you can reap the benefits of compound interest.

3. Have my career goals shifted at all, and if so, how might that impact my retirement?

You may be settled into your current career or looking for a change in direction: it's important to consider what a move might mean in terms of your financial goals.



According to the Bureau of Labor Statistics, baby boomers held an average 12.3 jobs from ages 18 to 52.¹

50s

1. Am I maxing out all of my retirement plans?

Consider catch-up contributions to save the maximum amount.

2. Do I need to reconsider my retirement and overall estate plans?

Have your plans changed? Reevaluate the retirement intentions you set back when you were younger, as well as your will and estate plan.

3. Do you have healthcare figured out?

Factor in healthcare costs as part of your retirement savings, even if you're healthy.



A 65-year-old couple retiring should plan to spend \$387,000 for retirement healthcare costs (not including long-term care).²

60s

1. Do I have enough saved to retire soon?

Check in with your current retirement funds and asset allocations to see if you need to save up a bit more before retiring. Consider downsizing any debt, extending your retirement age, or picking up a side job.

2. What changes can I make to retire comfortably and on time?

Budgetary or lifestyle changes, like downsizing your home or paying down debt, can help make that happen so you can focus on your retirement.

3. What are the different retirement incomes available to me when I retire?

Consider the positives and drawbacks of various avenues including your retirement accounts, social security and Medicare, and whether a lump sum or guaranteed stream of income works best.



1 in 5 recipients (21%) of a lump sum payment from their workplace retirement plan depleted those funds in an average of 5.5 years.³



Access more tips and advice on how you can take control of your finances today by going to www.metlife.com/finwelltips

¹ Bureau of Labor Statistics, Results from National Longitudinal Survey (Aug. 22, 2019)

² Annuity.org, "Health Care Costs in Retirement"

³ MetLife 2017 "Paycheck or Pot of Gold Study"