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Strengthen your financial health— no gym required

[Ver en español](#)

Hi ,

Have you heard friends talking about *coasting* to financial independence? It's the idea of saving as much as you can now so your money has time to grow. And the more you save today, the less you may need to put aside later to enjoy the life you're working toward.

It's easy to do with the . Just follow these simple steps.

1 Pick a savings rate that fits your life—even **small amounts** can really add up over time

2 **Sign in** and add this rate to your account—the money comes out of your paycheck *automatically*

Then each year, consider boosting your savings rate. You can make changes to your account at any time.¹

Start saving

Want more tips? **Sign up** today for our upcoming webinar: Taxes and your retirement income.



¹ Subject to your plan's enrollment and contribution rules and IRS contribution limits.

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