

Sample for illustration purposes only



Strengthen your financial health— no gym required

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Hi ,

You're juggling a lot—work, family, life. And even though 70% of people your age¹ say saving for retirement is a priority, it can often slip down your to-do list. Take a moment today to focus on your future—and help yourself thrive tomorrow.

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 Work with your local plan administrator to add or update this rate—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.²

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



1 Manulife John Hancock Retirement commissioned Edelman Public Relations Worldwide Canada to conduct the 2025 financial resilience and longevity survey. Manulife John Hancock Retirement and Edelman Public Relations Worldwide Canada are not affiliated, and neither is responsible for the liabilities of the other. 2 Subject to your plan's enrollment and contribution rules and IRS contribution limits.

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