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## Strengthen your financial health— no gym required

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Life moves fast, and retirement can sneak up on you—52% of retirees stopped working sooner than they planned, at an average age of 56.<sup>1</sup> Saving more now can help you feel prepared and stay on track for the future you want.

If there's room in your budget, consider boosting your savings rate in the Plan. Increasing your contribution by as little as 1% can have a significant effect on your savings over time—without having a big impact on your paycheck.

Depending on your savings rate, you may be able to add an extra \$8,000 to

your retirement plan this year as a catch-up contribution—or \$11,250 if you're between ages 60 and 63.<sup>2</sup>

Review your current savings strategy today and use our retirement planner<sup>3</sup> to explore how different savings rates could help bring you even closer to your goals. Simply [sign in](#) to your account and select **Let's go** to get started.

[Save more now](#)

Want more tips? [Sign up](#) today for our upcoming webinar: Taxes and your retirement income.



<sup>1</sup> 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. <sup>2</sup> Refer to your plan's summary plan description (SPD) for details. <sup>3</sup> The projected retirement income estimates for your current Manulife John Hancock accounts, future contributions, employer contributions (if applicable), and other accounts set aside for retirement used in this calculator are hypothetical, for illustrative purposes only, and do not constitute investment advice. Results are not guaranteed and do not represent the current or future performance of any specific account or investment. Due to market fluctuations and other factors, it is possible that investment objectives may not be met. Investing involves risks, and past performance does not guarantee future results.

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