

Sample for illustration purposes only.



Turn uncertainty into action



The ups and downs of the stock market can be unsettling, so we understand why you may be hesitant to put money into your retirement plan. But we've faced these challenges before, and saving now is still a smart move for your future. You don't have to start big—even **small amounts** can really add up over time.

Your retirement plan makes it easy to put money away for your retirement. Just follow these simple steps:

1 Choose a savings rate that fits your budget

2 Work with your local employer to add or update the saving rate for your account—the money will come out of your paycheck *automatically*

Then each year, consider gradually increasing how much you save. You can make changes to your account at any time.¹

Want more tips to help you tune out the noise and focus on your long-term savings? Sign up for our June 24 webinar.

Save my seat



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

There is no guarantee that any investment strategy will achieve its objectives.

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S-P 225614-GE 6/25-225614 RS0506254470193

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