



John Hancock

Taking the pulse of
your *financial* health

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The *importance* of financial health

Despite your busy life, you likely carve out time for regular doctor visits to check your physical health and discuss steps to improve it. You do this because you understand good physical health is vital for your current and future well-being.

Your financial health is equally important to your well-being and deserves the same attention, especially as your retirement draws closer. The more financially fit you are, the more likely you'll be able to enjoy the life you want and weather the unexpected.

Regular financial checkups can help you assess how you're doing and uncover the areas that may require extra attention to help you get or stay on track for retirement.

Have you experienced a major life event?

- ☐ Marriage
- ☐ Divorce
- ☐ Death of your partner
- ☐ New job
- ☐ Job loss
- ☐ Major medical expense
- ☐ Disability

Five *key* components of financial health

During your annual checkup, your doctor monitors specific factors, such as your blood pressure and heart rate, and looks for any changes from your last visit to help catch and address any issues.

Similarly, there are specific areas of your financial health that you should monitor regularly to help you make the most of your retirement and keep small financial concerns from turning into big ones.



**Click on a box to learn about each of these components
and what you should consider checking.**



1 Your vision for retirement

You're putting money away for retirement, but do you know what you're saving for?

- ☑ Do you plan on relocating when you retire?
- ☑ Traveling?
- ☑ Pursuing a new hobby or interest?
- ☑ Starting a business?

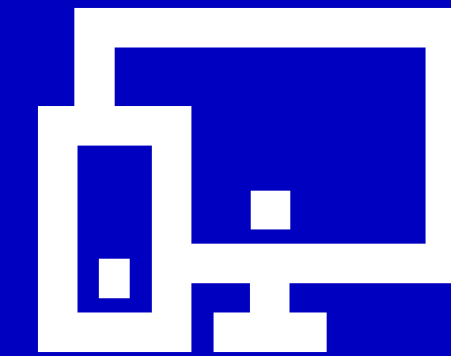
How and where you plan to spend your days will help you determine if you're saving enough.

Questions to consider during your checkup

- Where do you plan to live in retirement?
- Have you researched the cost of living for your desired community?
- What are the top three things you want to do in retirement?
- How much will each of these things cost?
- How much have you saved so far?
- Has anything happened since your last checkup that could affect your target retirement date?

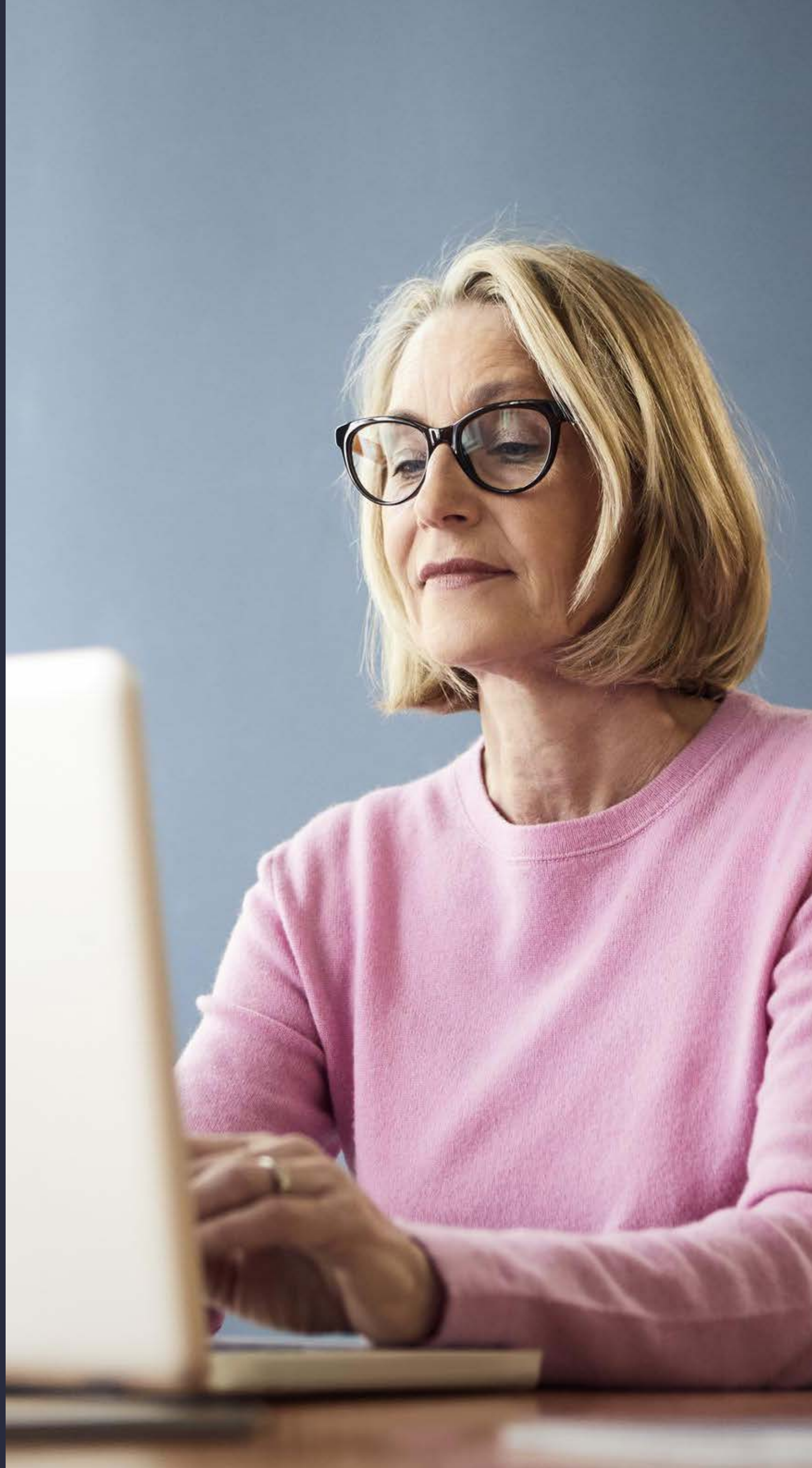
Your responses can help you decide if:

- You're on track to achieve your vision, ahead of schedule, or falling behind
- You should reprioritize your goals
- You should consider ways to boost your savings
- You may need to adjust your time table for retirement



Helpful tools and resources

- ✓ [Countdown to retirement worksheet](#)
- ✓ [Retirement pursuits worksheet](#)



2 Projected income and expenses

Comparing your expected retirement income to your expected expenses is one way to help figure out if you're on track. Your income will likely come from multiple sources, such as Social Security, a retirement plan, IRA (traditional or Roth), or personal savings. Expected expenses may include monthly living expenses, healthcare, and the costs for the activities you identified in the previous section.

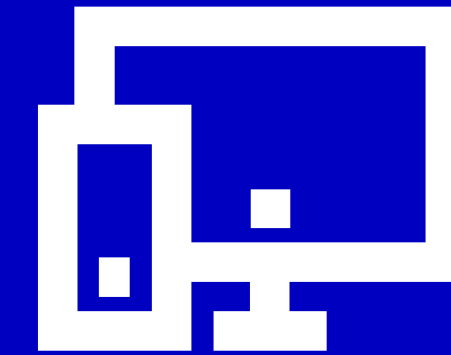


Questions to consider during your checkup

- Have you checked your Social Security benefits? How much do you expect to receive?
- How much money do you have in your retirement account and IRA?
- Do you have other savings or investments earmarked for retirement?
- Have you created a list of your expected retirement expenses, broken down by “want” versus “need”?
- Does your projected retirement income exceed your projected expenses?

Your responses can help you decide if:

- Your expected retirement income may be sufficient to meet your wants and needs
- It's time to create an online account with the U.S. Social Security Administration
- There are certain expenses you may need to cut back on to help free up money for other purposes
- You should consider finding additional sources of income now, such as getting a side hustle or boosting your savings to help improve your future financial health



Helpful tools and resources

- ✓ [Retirement planner¹ on myplan.johnhancock.com](https://myplan.johnhancock.com)
- ✓ [Social Security basics](#)
- ✓ ssa.gov

¹ The projected retirement income estimates for your current John Hancock accounts, future contributions, employer contributions (if applicable), and other accounts set aside for retirement used in this calculator are hypothetical, and 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. All investments carry a degree of risk, and past performance is not a guarantee of future results. Due to market fluctuations and other factors, it is possible that investment objectives may not be met.

3 Savings

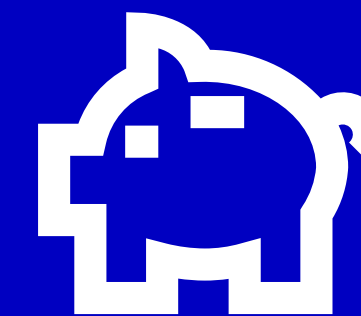
The amount you save today directly affects how much income you may have in retirement and what you may be able to do. But retirement isn't the only thing you should be saving for. You should also have an emergency fund to help keep life's unexpected expenses from damaging your financial health. And you may have other financial goals such as helping pay for your children's or grandchildren's education.



Emergency fund

Money for unexpected expenses

- Car repairs
- Home repairs
- Medical expenses
- Job loss
- Unexpected life change



Personal savings

Money for financial goals

- Retirement
- House
- New car
- Children's or grandchildren's education

These examples are for illustrative purposes only and may not be reflective of your situation.

Questions to consider during your checkup

- Would you be able to handle a \$100 unexpected expense? \$500? \$1,000? \$5,000?
- How much do you have saved overall for retirement and other financial goals?
- How much are you currently putting into your retirement account each pay period (if your employer allows)?
- Are you contributing to an IRA?
- How much are you saving each month in your personal savings accounts?
- Could you save more if you scaled back your spending?

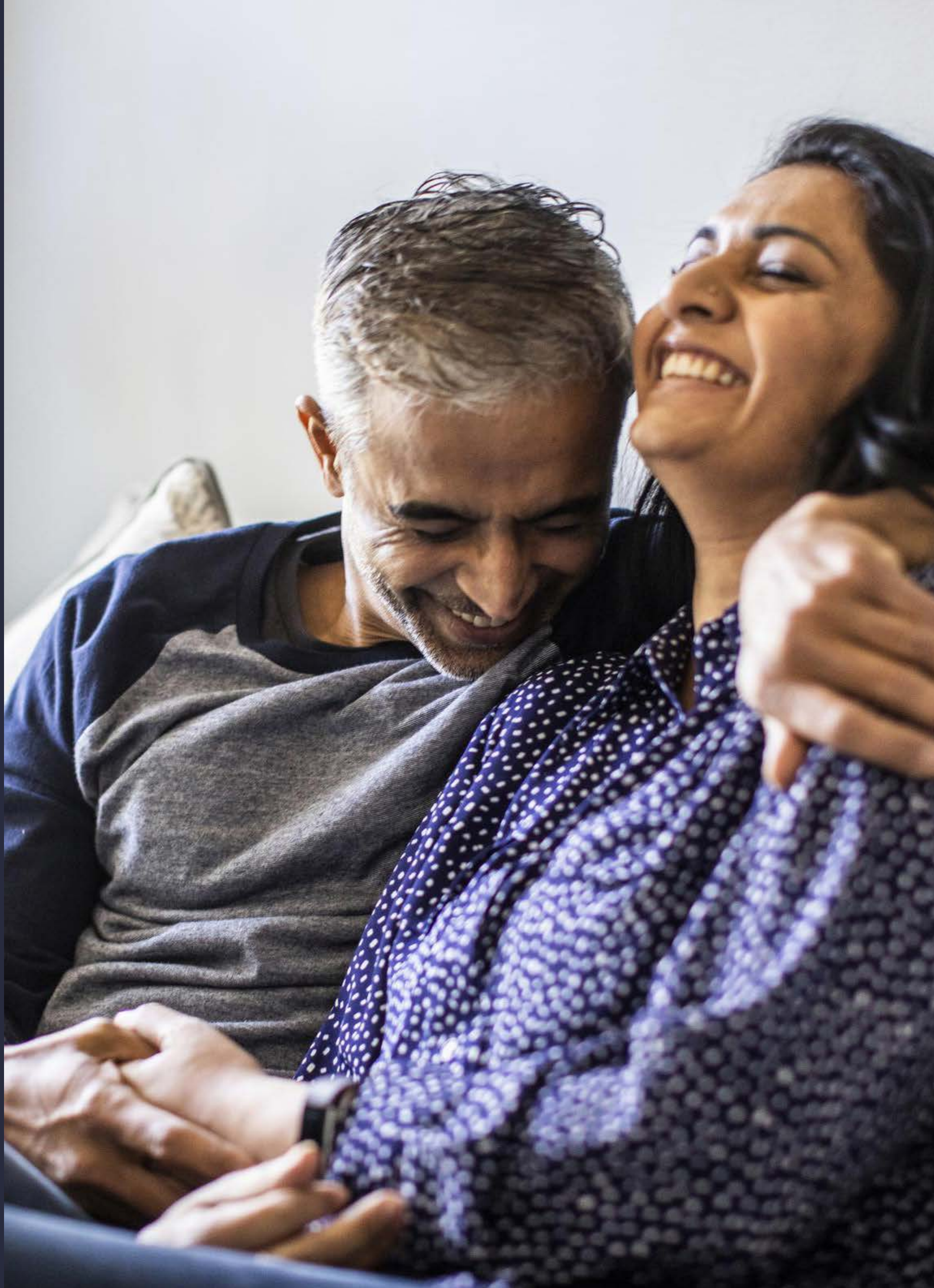
Your responses can help you decide if:

- Your current saving strategy is sufficient
- You need to earmark more money for financial emergencies
- You should consider increasing your contributions to your IRA or retirement plan
- You may need to adjust your financial priorities or goals



How many months of living expenses should your emergency fund generally cover?

- ☐ 1–2 months
- ☐ 3–6 months
- ☐ 4–8 months
- ☐ 12 months



4 Debt and budgeting

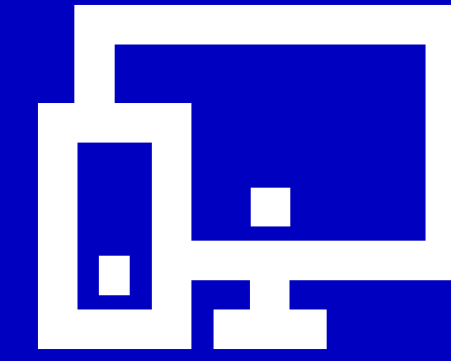
Borrowing money isn't necessarily a bad thing. The key is to make sure you're not taking on too much unnecessary debt, such as relying heavily on credit cards to pay for items that you don't have cash for. Ideally, you want to enter retirement with as little debt as possible or at least at a level that won't create a financial hardship when you stop working. Creating a monthly budget can help you keep your spending in check.

Questions to consider during your checkup

- What outstanding loans do you have? How much are the monthly payments?
- How many payments do you have left for each loan?
- Are you paying on time or incurring late fees and finance charges?
- What's the interest rate on each loan?
- What's your outstanding credit card balance?
- Is your debt manageable or hindering your ability to save?
- What's your credit score?
- When's the last time you checked your credit report?
- Do you have a monthly budget?

Your responses can help you decide if:

- Your current debt management strategy is working
- You should consider redirecting some of your savings toward paying down your debt
- You should delay major purchases for the time being
- You should consider shopping around for a credit card with lower annual interest rates or fees
- You should consider refinancing or consolidating any of your outstanding loans
- You need to establish a budget or adjust your spending



Helpful tools and resources

- ✓ Debt management [worksheet](#)
- ✓ Reduce debt [flyer](#)
- ✓ [Where's my money going?](#)
- ✓ [Personal finance organizer](#),² if offered by your plan

² The personal finance organizer is a data aggregation tool available to you through John Hancock Retirement's (John Hancock) website. The personal finance organizer is only reflective of the accounts that you have linked. Additional information can be found in the "Important information" document, available online.



5 Insurance and estate plan

Through personal experience and countless news stories, we know life can change in an instant. That's why it's important to make sure your family and property are properly protected and that your wishes will be followed should something happen to you.



Insurance

- ✓ Renters or homeowner's insurance can help you replace personal items lost due to theft, fire, or natural disaster.
- ✓ Life insurance can help provide financial support to your family after your death.



Estate plan

- ✓ The beneficiary designations for your retirement accounts and insurance policies help ensure that this money goes to the people you intended.
- ✓ Your will can direct how your assets should be distributed after your death.
- ✓ Guardianships and trusts can help provide for the well-being of your loved ones.
- ✓ Health directives help ensure medical decisions are made according to your wishes when you can't speak for yourself.
- ✓ A power of attorney can enable someone you trust to make financial decisions on your behalf when you're unable to.

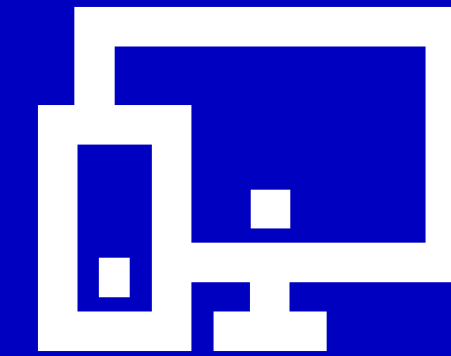
Questions to consider during your checkup

- Have you experienced a major life event that might affect your insurance coverage or estate plan?
- Have you recently purchased a new home, car, or other luxury items?
- Do you have a will? If yes, when's the last time you reviewed it?
- Have you named a guardian for your children (especially children who are minor and/or who have special needs)?
- Are the beneficiaries on your retirement accounts up to date?
- Do you have a power of attorney and health directive?

Your responses can help you decide if:

- The type and amount of your current insurance still meet your needs
- You need to update your will and beneficiary designations to reflect changes in your personal circumstances
- You should contact an attorney to create any legal documents that may be missing from your estate plan

Life insurance death benefit proceeds are generally excludable from the beneficiary's gross income for income-tax purposes; however, there are a number of exceptions, including, but not limited to, when a life insurance policy has been transferred for valuable consideration. No legal, tax, or accounting advice can be given by John Hancock, its agents, employees, or registered representatives. Prospective purchasers should consult their professional tax advisor for details.



Helpful tools and resources

- ✓ [Life insurance basics](#)
- ✓ [Life insurance worksheet](#)
- ✓ [Why everyone should have an estate plan](#)

Starting your financial *checkup*

Now that you know what you should be monitoring, it's time to check your financial health. A good place to start is by taking the financial wellness assessment that's available in My Learning Center.

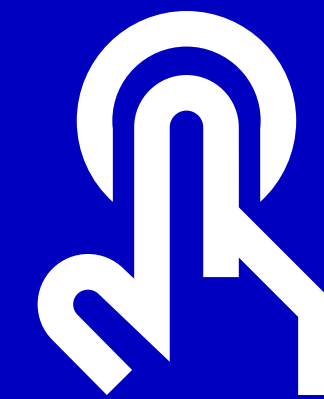
Our financial wellness assessment:

- Helps you identify your financial priorities
- Provides a personalized action plan
- Links to relevant education and tools

You can also find a host of information and retirement planning tips on our [achieving retirement balance](#) web page.

Strengthen the pulse of your financial well-being today

Log in now to your retirement plan at myplan.johnhancock.com and click the “My Learning Center” tile to start your assessment





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