



Commit to your retirement plan

Consider your financial well-being

Today—**National 401(k) Day**—is a great time to think about your financial well-being. Saving for retirement can be stressful, but having a long-term strategy for your retirement plan can help you reduce some of your stress today and retire with confidence.



Three tips
to help you
retire with
confidence

1

Consider all aspects of retirement

Think about nonfinancial factors, such as deciding how to spend your time, staying connected with family and friends, and maintaining good health. Stay focused on your goals and prioritize how to build a retirement you enjoy.

2

Invest for the long term

Create a long-term strategy to help build and maintain your savings. Understand what investing looks like in all market conditions—inflation, recession, or market volatility—so you can be prepared.

3

Adjust your savings plan

Review your retirement plan and accounts regularly to stay on track and keep information current, such as designating beneficiaries. Personalize your plan to reflect your financial journey.

Find the retirement planner at myplan.johnhancock.com



Access your retirement plan anytime, anywhere on myplan.johnhancock.com, or on John Hancock's retirement app.



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

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