When it comes to planning for the future, there’s no time like the present. Fortunately, making small changes today can lead to big results down the road. To start your journey to a healthier, wealthier retirement, let’s start taking those first steps today.

### Steps to Consider at Each Stage of Life

**In your 20s**
- Budget wisely so you don’t spend your whole paycheck in one place.
- Enroll in your company’s retirement plan; try to contribute enough to take advantage of any employer match.
- Consider starting to invest now to take advantage of time and compounding interest.
- Make a plan to tackle student loans and any credit card debt.

**In your 30s**
- Set savings goals so you can retire at your preferred age.
- Build an emergency fund to cover three to six months of expenses.
- Consider investing raises, bonuses, tax refunds, or other lump-sum payments for retirement.
- Create an [ssa.gov](http://ssa.gov) account to see your earnings record and estimated Social Security benefit.

**In your 40s**
- Get an annual physical and stay active with regular exercise.
- As your income grows, increase contributions to your retirement fund.
- Consider the importance of an estate plan. Create or review your advance medical directive, will, durable power of attorney, and letter of instruction.

**In your 50s**
- Consider consolidating your retirement plans for a more concise portfolio view.
- Take advantage of catch-up contributions starting at age 50.
- Consider investing in retirement with raises, bonuses, tax refunds, or other lump-sum payments.
- Review and update your retirement plan to align your investments and asset allocation with your goals.
- Research long term care insurance to potentially save on monthly premiums in your 50s.

**In your 60s**
- Begin estimating potential sources of retirement income.
- Enroll in Medicare when you turn 65.
- Review your will and advance medical directives.
- Learn about required minimum distributions (RMDs). They start at 70½.
**SMALL CHANGES CAN ADD UP**

Aim for a 10 - 15% contribution rate. If 10% isn’t possible right now, that’s OK. Start smaller and then try to raise your contribution by 1% or 2% a year.

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**Rise up gradually.**

Commit to annually increasing your contribution rate.

Review your contribution rate at Transamerica.com/portal/home

Review the fees and expenses you pay, including any charges associated with transferring your account, to see if rolling over into an IRA or consolidating your accounts could help reduce your costs. Employer-sponsored retirement plans may have features that you may find beneficial such as access to institutional funds, fiduciary-selected investments, and other ERISA protections not afforded other investors. In deciding whether to do a transfer from a retirement plan, be sure to consider whether the asset transfer changes any features or benefits that may be important to you. Employer-sponsored retirement plans may have features that you may find beneficial such as access to institutional funds, fiduciary-selected investments, and other ERISA protections not afforded other investors. In deciding whether to do a transfer from a retirement plan, be sure to consider whether the asset transfer changes any features or benefits that may be important to you.

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