

Help protect and potentially grow your retirement assets



Help unburden your family from end-of-life expenses or complement your retirement savings with the cash value from your life insurance policy, which can help cover unexpected expenses and rising costs.

\$395K are the estimated savings needed for a 65-year-old couple retiring in 2024 to cover remaining lifetime healthcare costs.¹



Longer life spans

In the United States the current average life expectancy for a man is **74.8 yrs.**²

In the United States the current average life expectancy for a woman is **80.2 yrs.**²



Shrinking retirement income

\$12,800 is the approx. amount the average 65-yr-old couple will spend on health care in their first year of retirement.³

40% of all US consumers have less than \$500 earmarked for unexpected medical bills.⁴

37% of retirees "unretired" in 2023 to increase income for discretionary expenses.⁵

33% of retirees "unretired" in 2023 to increase income for discretionary expenses.⁵



Growing retirement needs

80% of pre-retirement income is recommended to maintain standard of living in retirement.⁶

50% of retirees say they saved less than what was needed for retirement.⁷

42% of Americans are at risk of developing dementia at any time after age 55.⁸

70% of people turning 65 today will need some type of long-term care services and support.⁹



Expanding financial protection or retirement comfort

Life insurance can be an integral part of your retirement planning. Beyond helping to cover final expenses, tax-deferred living benefits can be unlocked while living to help with unexpected challenges and potentially helping with other insurance needs.¹⁰

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Access benefits while living

Modern-day life insurance can expand into an important component of your overall financial plan that can be used for a variety of purposes. And because these funds can be tax-advantaged, they become even more critical for your retirement portfolio.

Life insurance is more than just a death benefit

These tax-advantaged funds can be a useful resource for unexpected expenses like those related to dramatic health changes and long-term illnesses. You could apply them to health care costs that you haven't planned or budgeted for, while still potentially meeting your retirement financial goals.⁸

For more information on how life insurance values can help supplement your retirement savings, contact your financial professional.

¹ Milliman, "Retiree Health Cost Index: The 2024 cost of healthcare in retirement," May 2024.
² U.S. Centers for Disease Control, NCHS Data Brief, "Mortality in the United States, 2022," March 2024.
³ Fidelity Investments, "How Much Will Health Care Cost You in Retirement?" 2024.
⁴ PYMNTS, "65% of Low-Income Earners Have Less Than \$500 on Hand for Medical Emergencies," May 2024.
⁵ Fidelity Investments, "2024 State of Retirement Planning Report."
⁶ Smart Asset, "What Percentage of Income Should You Save for Retirement?" September 2024.
⁷ Employee Benefits Research Institute, "EBRI Issue Brief: 2024 Spending in Retirement Survey," November 2024.
⁸ NYU Langone Health, "Lifetime Risk and Projected Burden of Dementia," January 2025.
⁹ U.S. Dept of Health and Human Services, "How Much Long Term Care Will You Need?" (LongTermCare.gov), January 2025.
¹⁰ Based on current federal income tax law. Assumes the use of withdrawals to basis and/or policy loans. If the policy is classified as a modified endowment contract (see IRC section 7702A), withdrawals or loans are subject to regular income tax and an additional 10% tax penalty may apply if taken prior to age 59 1/2.

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