



Health. Wealth. Wisdom.



Coaching Decision

Consider Working with Your Plan Advisor to Help Improve Your Financial Health

Your 401(k) plan's advisor helps your employer manage your company's retirement plan. They help select and monitor investment options, manage the relationship with your recordkeeper, keep the plan in compliance with rules and regulations, design the enrollment and education program, and many other things. In addition, many plan advisors work one-on-one with employees. They help them identify their priorities and guide them toward achieving all of their financial goals—including retirement. Here are three reasons why seeking their professional advice and guidance about your financial future may be a smart move:

1. **Objectivity.** Sometimes, your emotional biases can make it difficult to look at your financial situation clearly. A common example: people know they need to save for retirement but often have difficulty sacrificing present consumption because of a lack of self-control. Your plan advisor can help provide an outside perspective, objective accountability, and recommendations for changes in behavior that may be necessary for you to achieve your goals.
2. **Personalization.** Each person has a unique set of circumstances, and general financial advice—like the kind you get in this newsletter—can't possibly consider all of your unique variables. Your plan advisor can help you recognize when you may need to adjust your spending, balance personal needs versus wants, and identify ways to be more mindful about your finances.
3. **Answers.** Your plan advisor can help answer questions you have right now, including:
 - Is the amount I'm saving enough to manage my retirement income needs?
 - Should I be making Roth contributions or pretax contributions?
 - How can I manage things such as inflation, market volatility, and other risks in my investment strategy?
 - What can I expect from social security benefits?
 - How can I best plan for health care expenses in retirement?

Connecting With Your Advisor

For more information or to request an initial meeting, please feel free to contact your plan advisor at your convenience via email or phone. Here are some questions to ask:

- What services do you provide?
- What types of clients do you work with?
- How often do you meet with clients?
- How are you compensated (e.g., fees, commission, or both)?

You're also encouraged to visit [Investor.gov](https://www.investor.gov) to perform a background check on any advisor you're considering working with.



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