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Freedom to Spend

How to Enjoy Your Retirement Assets

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Retirees May Not Feel Free to Spend Retirement Savings

A Saving Mindset


The retirement industry has done a good job of helping people prepare for the possibility of a retirement planning crisis in their future. Maybe too good. Because even though many retirees succeeded in building retirement assets...some may not be comfortable spending them.

Change Old Habits, Enjoy Future Income

These reasons can create a mental barrier against retirement spending. After decades of saving...saving...and saving, it can be hard to change habits from building a nest egg to using it. But there are tools to help you go from saving up to drawing down, so you can enjoy the fruits of your past labor—in your retirement future.

Reasons Retirees May Not Spend Retirement Assets

- Worry about unexpected retirement expenses
- Fear of running out of money in retirement
- Concern over Social Security or Medicare changes
- Anticipation of higher medical costs
- Wanting to leave as much as possible to heirs



Retirees Spend Around **80%** of Lifetime Income But Only About **Half** of Other Savings

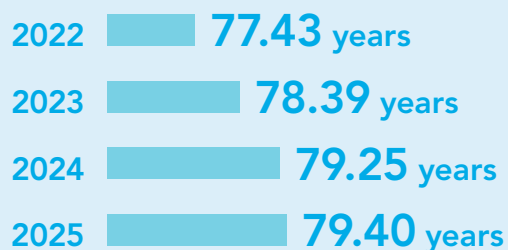
Source: Blanchett, David, and Finke, Michael, "Retirees Spend Lifetime Income, Not Savings," Alliance for Lifetime Income Research, April 2025.

Retirees May Need to Spend Assets More in Retirement

Retirement Challenges May Increase Your Need to Spend

Even though you may be reluctant to spend your retirement money, **new and growing financial challenges** may confront you in the future—challenges that may more significantly affect your retirement assets, requiring you to **spend more in retirement**. Check the facts:

Average Lifespans Expanding¹



Takeaway: Your savings may have to last decades. That's a long time to cover retirement expenses. And it keeps getting longer...



Private Sector Pensions Disappearing^{2,3}



Takeaway: Pensions provide income for life. Don't have one? Then you'll have to rely on Social Security—and your own savings—for living expenses.

Health Costs Rising⁴

\$172,500

Estimated health care expenses for a 65-year-old throughout retirement

Takeaway: Rising medical costs may require you to spend more assets.

The good news? There's a solution that can help...

¹ Macrotrends, U.S. Life Expectancy: Historical data from 1950 to 2025. <https://www.macrotrends.net/datasets/global-metrics/countries/usa/united-states/life-expectancy>. Accessed November 24, 2025.

² Bureau of Labor Statistics, U.S. Department of Labor, Bulletin 2107, *Employee Benefits in Industry*, 1980, September 1981.

³ Bureau of Labor Statistics, U.S. Department of Labor, *The Economics Daily*, 15 percent of private industry workers had access to a defined benefit retirement plan at <https://www.bls.gov/opub/ted/2024/15-percent-of-private-industry-workers-had-access-to-a-defined-benefit-retirement-plan.htm>. Accessed November 24, 2025.

⁴ 2025 Retiree Health Care Cost Estimate, Fidelity Investments, July 30, 2025.

Income From an Annuity Can Help Create a Feeling of Freedom

Annuity Income Can Help You Feel Like You Have a “License to Spend” in Retirement

Annuities can create a steady and secure stream of payouts to help you meet retirement expenses and may help reduce the risk of running out of money. When you free yourself from these worries, you may feel more comfortable accessing your assets. In that way, it can feel like a “license to spend” responsibly. Here are just a few of the benefits an annuity offers that may help you enjoy your retirement future:

Steady Income

A stream of income payouts you can count on for life or a set time.

Secure Payouts

The security of set payouts no matter what the market does.

Strong Company

All backed by the full financial strength of a highly-rated issuer.*

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An annuity is a long-term financial vehicle designed for retirement. An insurance company accepts premiums and provides future income or a lump-sum amount to the contract owner by contractual agreement. Annuity contracts have terms and limitations for keeping them in force. Contact a financial representative for complete details and limitations.

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