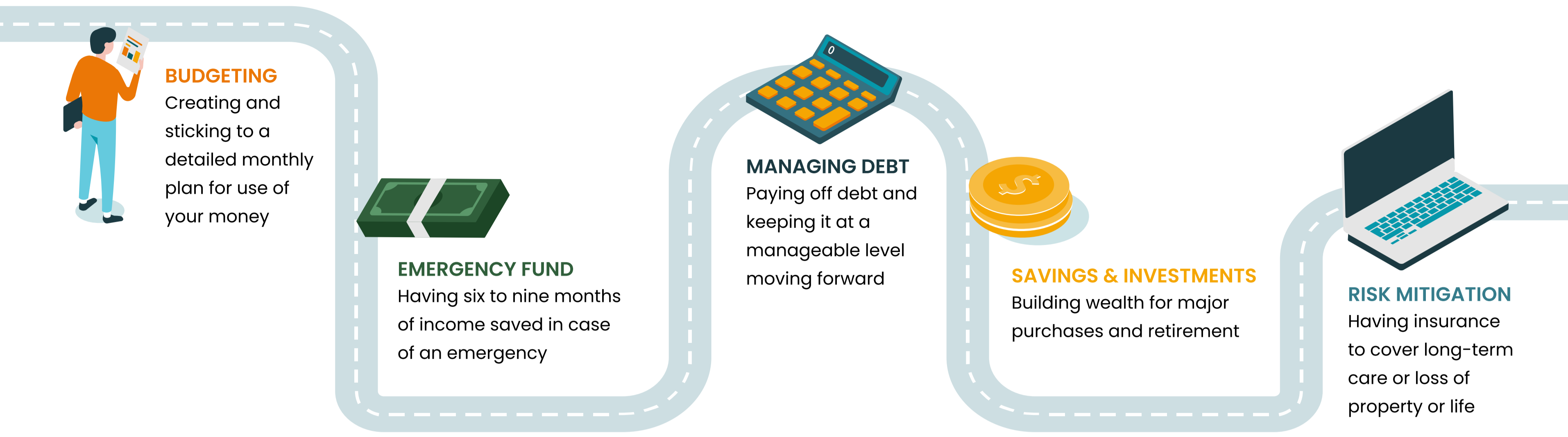


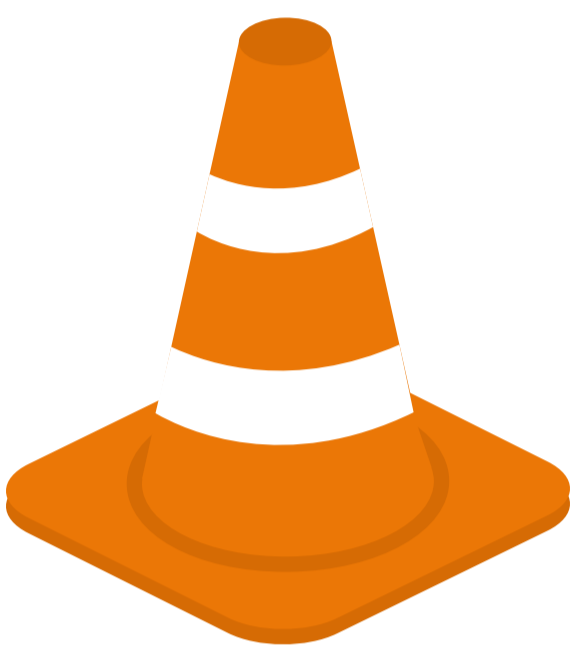
The Roadmap to Financial Wellness

How You Get There

Most maps toward achieving financial wellness follow similar routes, step-by-step, to arrive at your destination. Here are some traditional steps taken along the way.



Source: Foundation for Financial Wellness



Roadblocks You'll Encounter

It's inevitable: Competing financial demands throughout your life will make it difficult to save for emergencies and plan for future goals. Below are some of the most common financial roadblocks faced by Americans today.

Age 18 - 30

- Student loan repayment
- Low starting wages
- Consumer debt

Age 31 - 45

- Home buying costs
- Child care costs
- Saving for children's college

Age 46 - 55

- Paying off debts
- Increased demands for retirement savings

Age 56 - 70

- Increasing health care costs
- Greater urgency for retirement savings

Age 70 and older

- Stress of running out of money in retirement

Differing Priorities Along the Way: Men vs. Women

Data shows that men and women have different views of financial wellness and may pursue different routes toward achieving financial wellbeing.*



Being on track with family savings



Having a manageable level of debt



Ensuring their family is financially secure in the case of their death



Owning a home and being able to pay off the mortgage



Ability to pay monthly bills



Having an emergency fund

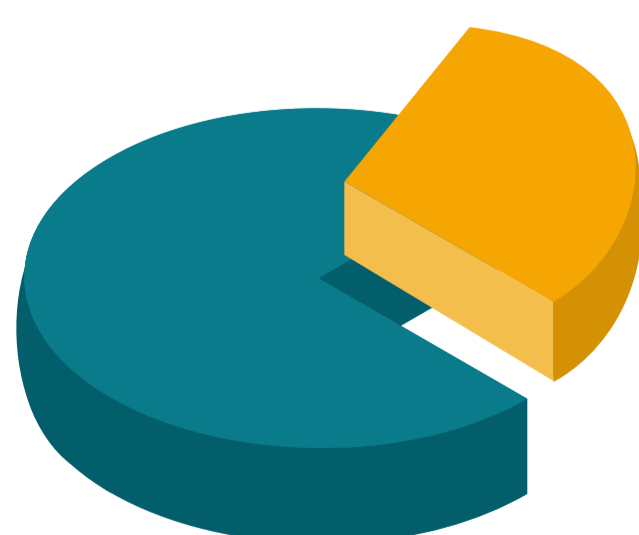


Having a source of guaranteed lifetime income

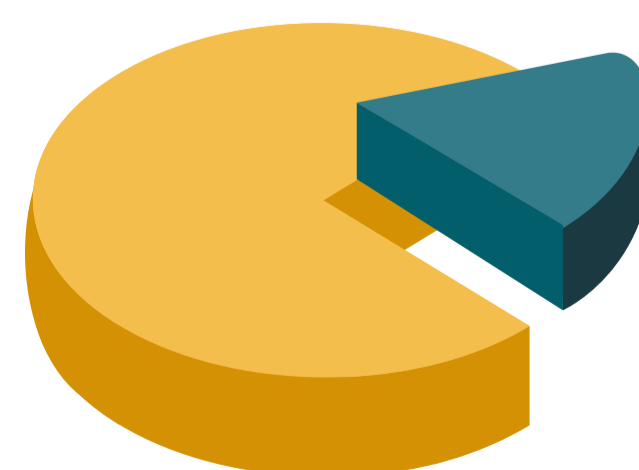


Ensuring income should they become disabled or otherwise need long-term care

27% of men say they have high financial wellness



19% of women say they have high financial wellness



Source: TIAA Financial Wellness Survey

The TIAA 2022 Financial Wellness Survey was conducted online from Oct. 22 to Nov. 3, 2021. It surveyed 3,008 Americans ages 18 and over, identified by age, race, and male or female gender on a broad range of financial management issues and topics. TIAA is a for-profit financial institution providing insurance, investment and pension services primarily for teachers and their families.

*Disclaimer: While Annuity.org always strives for gender inclusivity in our work, much of the financial industry's existing data is classified by traditional gender binaries. While we make every effort to use inclusive language in our reporting, our resources may at times be limited to the available population data.