



OHIO DEFERRED
COMPENSATION

REWARDS

n e w s l e t t e r

NOVEMBER 2019



Healthy you, healthy retirement

Your financial wellness may
center on healthy choices.



877-644-6457



Ohio457.org



Ohio Deferred Compensation

Who wants to be average?

The average retiree spends \$4,300 on out-of-pocket health care expenses each year,¹ and throughout their retirement, a couple may spend as much as \$399,000 on such expenses.²

You don't have to settle for average. A 2017 study showed that healthier retirees tend to spend less on medical needs.³ Here are a few ways you can try to beat the averages through a healthier lifestyle.

Cook at home.

Eating fresh food and tracking your calories are two relatively easy ways to work toward better health. You get more control over the ingredients and preparation of your meals, and you can exercise greater control over your budget.⁴

Get moving.

Commit to a daily walk at a local park or trail; a local mall may offer an alternative for days when the

weather is not cooperating. Go dancing! It's fun and great exercise. In general, those who regularly exercise have annual health care costs of about \$2,500 less than those who don't.⁵

Manage your numbers.

With your physician's help, work to get and keep your blood pressure, cholesterol, blood sugar and weight within healthy ranges. You may find that healthier cooking and moderate exercise every day will help drive healthier numbers.⁶

Start small.

You're more likely to succeed at improving your personal wellness if you adopt just one or two lifestyle changes at first. Even modest improvements to your lifestyle could make a positive impact on your financial wellness and add life to your retirement.

And there's nothing average about that.

Easy steps to improve your wellness



Join a wellness program

Chances are, your community offers several options.



Stretch daily

Just two minutes can increase your fitness and focus.



Walk 10,000 steps a day

Your smartphone may offer a tracking app.



Snack on fresh fruit or mixed nuts

Prepare portions in advance to control choices and costs.

¹ "How Much Does Out-Of-Pocket Medical Spending Eat Away at Retirement Income?" Center for Retirement Research at Boston College (October 2017).

² "Savings Medicare Beneficiaries Need for Health Expenses: Some Couples Could Need as Much as \$400,000, Up From \$370,000 in 2017," Employee Benefit Research Institute (October 2018).

³ "Longitudinal Determinants of End-of-Life Wealth Inequality," National Bureau of Economic Research (May 2018).

⁴ "A Healthy Lifestyle Can Help Save You Money This Year and in The Long Term," American Heart Association (February 2019).

⁵ "Exercising Can Help You Keep Medical Costs Down," Journal of the American Heart Association (September 2016).

⁶ "Be Healthy For Good with Life's Simple 7 (Infographic)" American Heart Association (January 2019).

Staying in Ohio DC offers long-term benefits



The future doesn't end when you retire. We're here to help you keep building your future through lower-cost, you-focused options, features and services.

Tax-deferred savings

You don't pay ordinary income taxes on your assets until you withdraw them. The longer assets stay in Ohio DC, the longer they keep working, tax-deferred, for you.

Competitive fees

Ohio DC negotiates lower fees than you might get on your own. You also avoid the added direct expense a financial professional may charge for many services we offer at no extra cost.

Simplicity

By rolling your eligible outside retirement assets into your Ohio DC account, you may make it easier to manage your investments.⁷

Confident Plan oversight

Ohio DC is required by law to ensure that it operates solely for the benefit of participants and their beneficiaries. To help meet that commitment, investment options are regularly reviewed for a variety of factors to help ensure they remain suitable and appropriate for retiree investing.

Flexible payout options

You may receive money at regular intervals and amounts or only when you need it. You should discuss withdrawal options with your tax advisor before making any decisions.

Intuitive online tools and resources

You have a suite of tools and educational resources at your fingertips, available anytime and on any device — at no additional cost.

⁷ Qualified retirement plans, deferred compensation plans and IRAs are all different, including their fees and times when you can access funds. Assets rolled over from your account(s) may be subject to surrender charges, other fees and/or a 10% tax penalty if withdrawn before age 59½.

Investing involves market risk, including possible loss of principal. No investment strategy or program can guarantee a profit or avoid loss. Actual results will vary depending on your investment and market experience.

CONTACT US:

If you are retired and have not spoken with a Retirement Planning Specialist (RPS), consider setting up an appointment by calling:



877-644-6457

An RPS can assist you with payout options and asset allocation in retirement.

Retirement Planning Specialists are Registered Representatives of Nationwide Investment Services Corporation, member FINRA, Columbus, Ohio.

Information provided by Retirement Planning Specialists is for educational purposes only and is not intended as investment advice. Neither Nationwide nor its representatives give tax or legal advice. Please contact your tax or legal advisor for such advice.



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Feeling secure about retirement?

National Retirement Security Week is October 20-26, 2019.

Feeling secure about retirement doesn't happen overnight, but the steps to feeling more secure are quite simple. It happens by taking small steps — the right ones — over time and with consistency.

National Retirement Security Week offers a great reminder to get clear on your goals and plans and to make sure you are on track for the retirement you want. But you don't have to wait for National Retirement Security Week to roll around every year; for Ohio DC participants, every week should be National Retirement Security Week. We offer a wealth of online tools and resources, including My Interactive Retirement Planner, to help you plan for success.



To set or take a new look at your retirement goals, log into your account and click **Resources**, then click **Use Financial Calculators**, and then **Launch My Interactive Retirement Planner**.



If you'd like to discuss your investment strategy or any aspect of retirement, contact an **Account Executive at 877-644-6457**.

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