

## Reasons Why You should Participate in Your 401(k) Plan

Start planning for your retirement today. Good retirement planning takes a lifetime. Ideally, as soon as you begin having an income is the time to start planning and saving for your retirement. Long-term saving and investing has proven to be an excellent way to help ensure that you will have the funds you need to enjoy your golden years.

- **It's easy and convenient:** With a 401(k) the amount you choose to contribute is automatically deducted from your paycheck. You won't see the money, so you won't spend it!
- **Easy enrollment:** If your employer offers a 401(k) plan, then consider yourself lucky – not everyone is offered a retirement plan at work. Since your employer provides all the enrollment materials to get you started on your savings plan, then all you have to do is pick up a pen, fill out the enrollment form, and you're on your way to saving!
- **You can manage your account:** With your 401(k) plan, you are the boss. You get to choose how much you want to contribute and where you want to invest your money. You also have the option of changing your contribution amount or transferring money among your investments if necessary. Your 401(k) statements will make it easy for you to track how much you are saving.
- **It will always be your money:** Whatever money you contribute to a 401(k) plan is yours -- even if you leave your job. You may have to be vested to be entitled to your company match, but you can still always roll your money into a rollover individual retirement account (IRA) or into your new employer's plan where it can continue to grow tax-deferred.
- **Get free money from your employer with a company match:** To encourage more 401(k) participation, some companies will offer a company match. For example, a company may offer to put in a dollar for every dollar you save in the plan, up to 3 percent of your eligible pay. Then, it may add 50 cents for every dollar you put in after that up to 6 percent of your pay. That's like getting a 75 percent investment return!
- **You don't want to have any regrets 10 years from now:** Saving \$20 a week now may seem impossible, but the reality is that you cannot afford not to save. It will always seem challenging to put money aside for your future, but if you don't take advantage of saving even a little today, you may have to face the challenge of saving a lot later to make up for lost time and money!



The financial counselors available through First Sun EAP can offer you and your family guidance with planning, budgeting and other factors related to retirement decisions. Give us a call toll free, **800-968-8143** or in Greater Columbia, **803-376-2668**.

For more information on this topic as well as the other benefits you receive from First Sun EAP, please see our website at: [www.firstsuneap.com](http://www.firstsuneap.com).