

## Getting worn out?



### Maybe it's time to refresh your retirement saving strategy, too.

It's a new year, and now is as good a time as any to start some good habits and make a positive change for your future. So what can you do to kick your year off on the right track? Start saving? Save more? Change how your savings is invested?

#### MaineSaves is here to help. Key tips?

- 1. Get into the plan as soon as possible.** The earlier you join, the more time you have to build savings and the more time your savings has to compound.
- 2. Build a diversified investment mix using different asset classes.** Your exact mix will differ based on your age and risk tolerance, but experts recommend that everyone hold some combination of stocks, bonds, and cash equivalents (such as the Fixed Account) in their portfolio. Click [here](#) to learn more.
- 3. Increase your contributions over time as your salary increases.** Save what you can manage today, but increase that amount as your income increases – you won't feel the difference, and future you will thank you. For example, if you get a raise, pass some along to your savings!
- 4. Consider making additional catch-up contributions if you are age 50 or older.** The IRS makes special provisions – increased contribution limits – to help you reach your retirement saving goals.
- 5. Stay the course.** While it may be tempting to move your money around in response to market ups and downs, history suggests it's best to set your strategy and stick to it, reviewing it periodically as your age and income change.
- 6. Take advantage of your provider's local representatives.** They understand how the State's plan works, they understand the retirement industry, and they're here to help!



#### MISS THE EMPLOYEE MEETINGS LAST QUARTER? CATCH THE REPLAY.

Revisit the MaineSaves [webinar](#) and [FAQs](#) for more information. And, don't forget to complete a short [survey](#) afterwards to let us know what you'd like to learn more about!



#### CONCERNED ABOUT RECENT SWINGS IN THE STOCK MARKET?

Click [here](#) to read what experts recommend. (Spoiler alert: Don't overreact!)



#### 2019 ANNUAL CONTRIBUTION LIMITS

The limit on the annual amount you can save in the plan has increased for 2019. So now you can save even more.

Regular Limit	\$19,000
Including Special Age 50+ Catch-Up Contributions (\$6,000)*	\$25,000
Including Pre-Retirement Catch-Up Contributions (\$19,000)*	\$38,000

*\*You may not make both Pre-Retirement and Special Age 50+ Catch-Up Contributions in the same year.*

Click [here](#) to learn more.

#### MORE TIPS ARE JUST A CLICK AWAY.

Visit [www.MaineSaves457.com](http://www.MaineSaves457.com) for information, resources, and more.

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