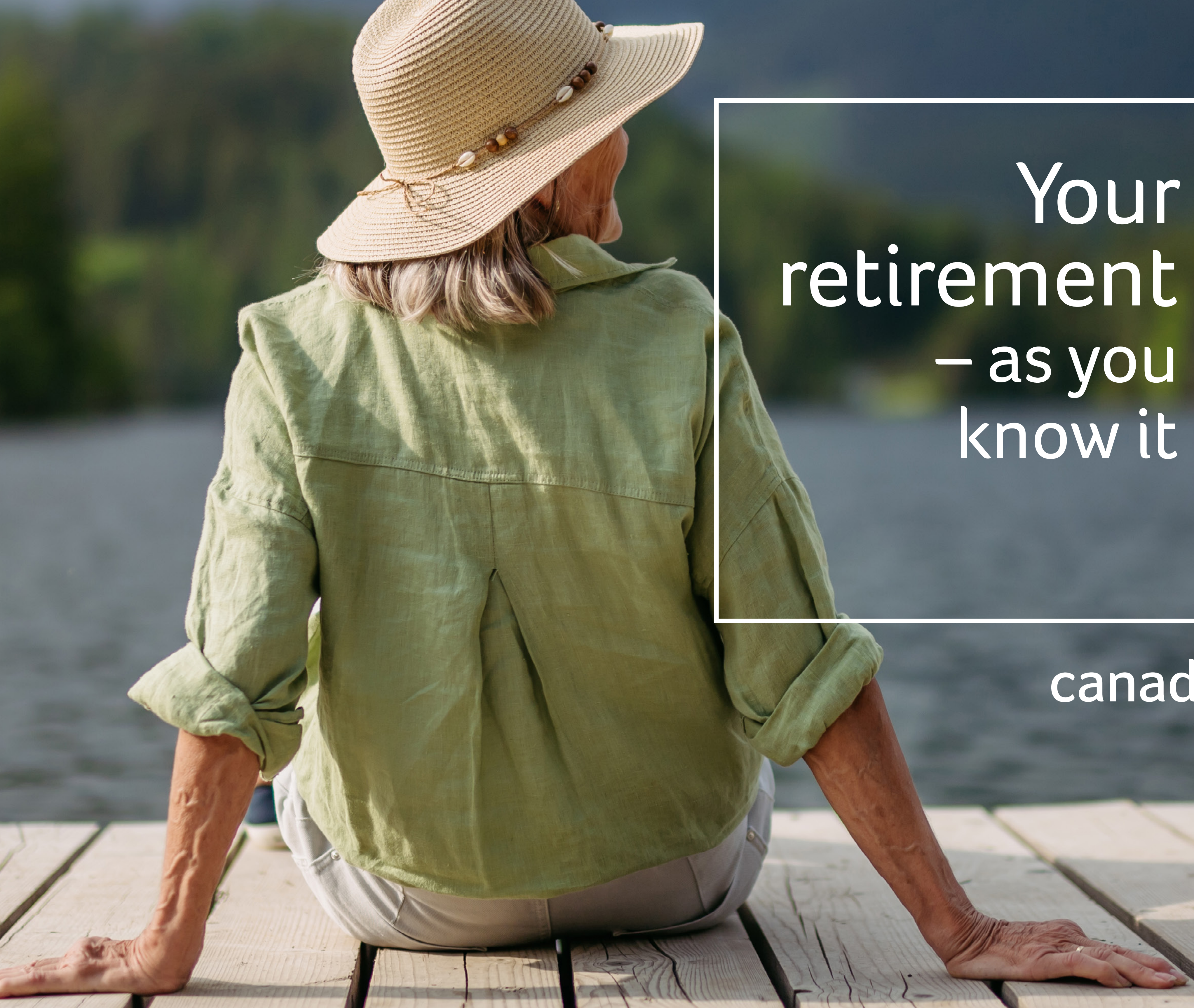

Your retirement – as you know it

A guide through your retirement journey with Canada Life

canada life™

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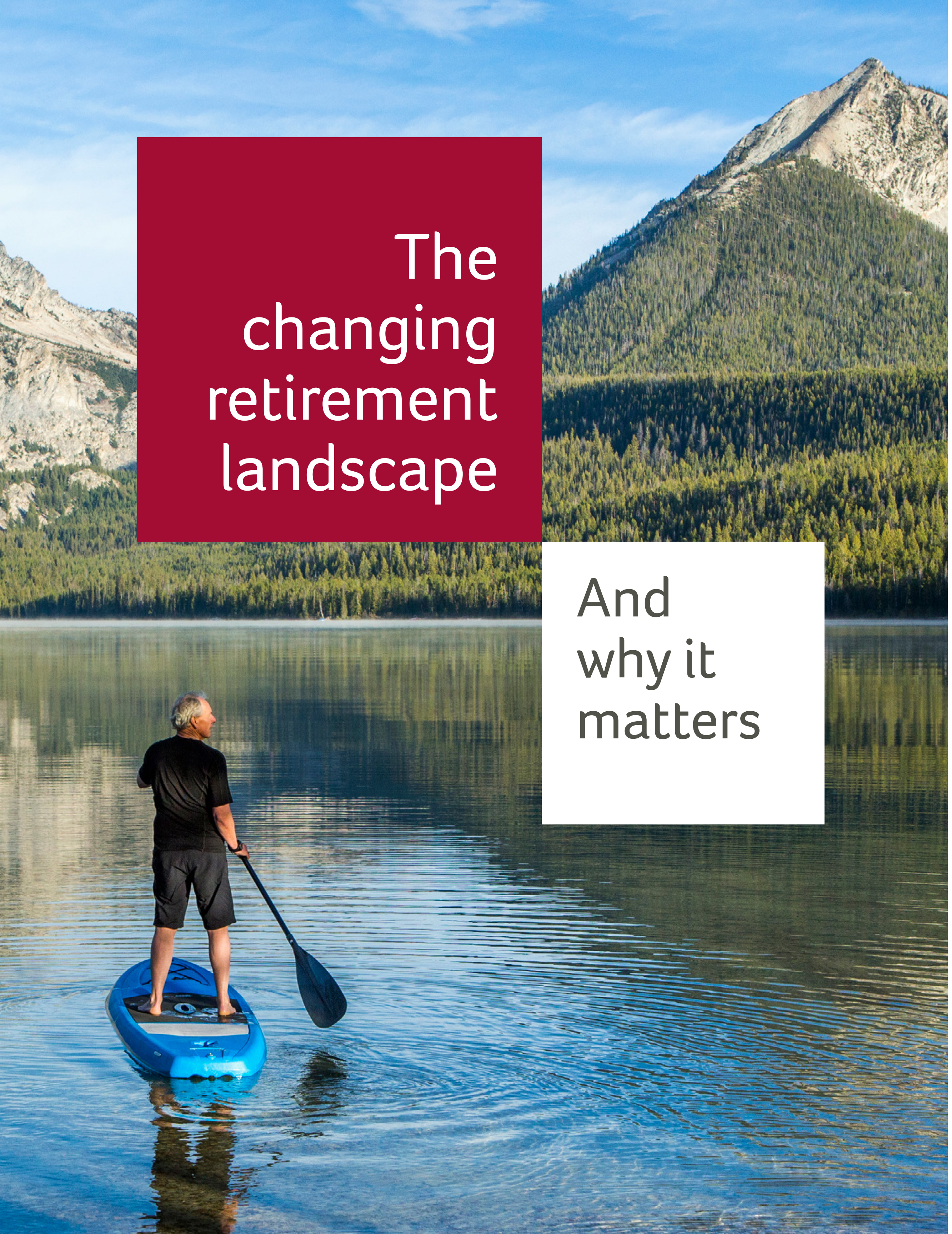


The changing retirement landscape

And why it matters

Why do I need a retirement strategy?

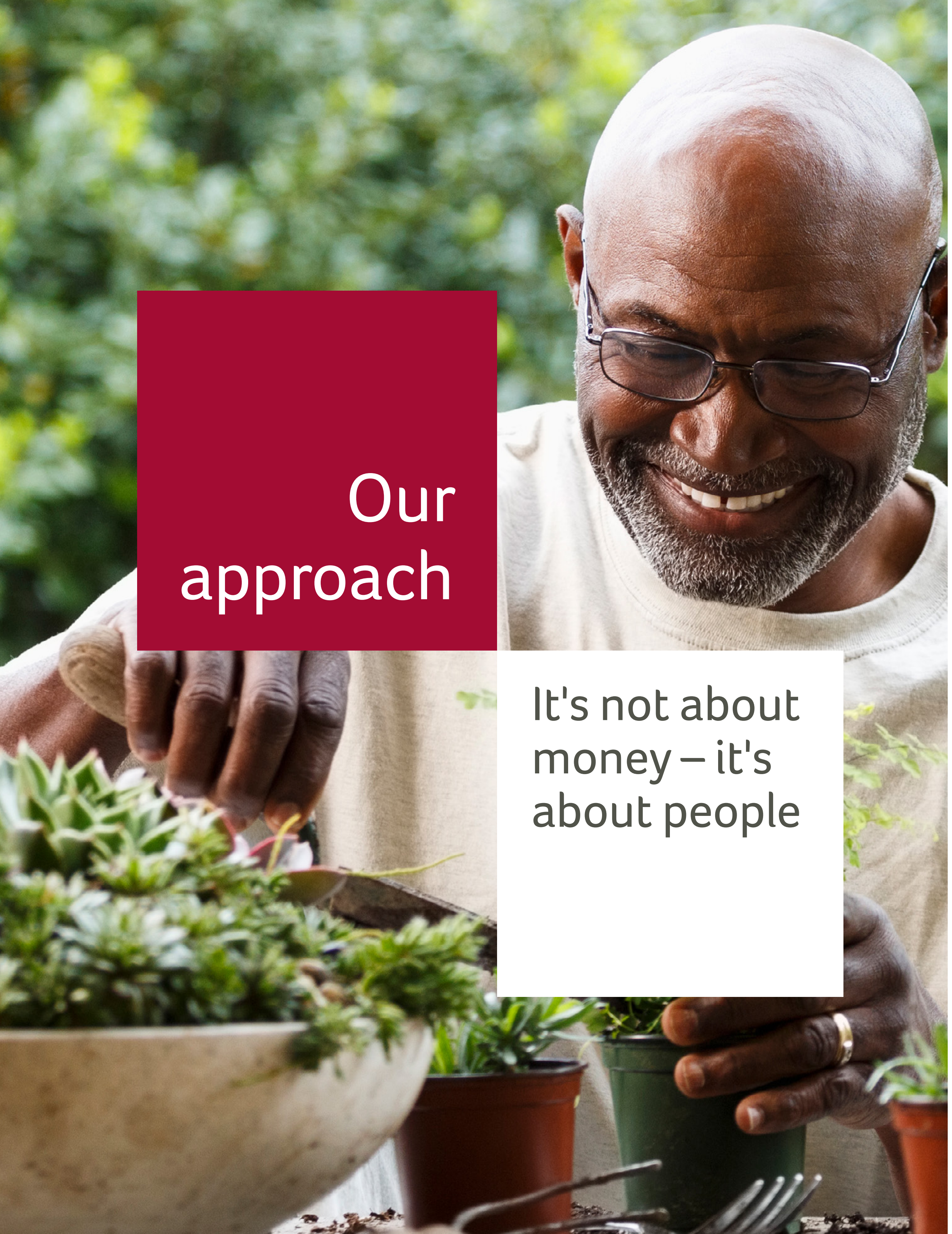
When it comes to retirement, there's a *lot* to consider. This guide is designed to support you on your journey to a happy and fulfilling retirement. At Canada Life, our people-first approach to well-being means building a retirement strategy that's about more than money – it's about finding that all-important balance between your financial, physical and mental well-being.

We know that retirement is changing. People are living longer, healthier lives, which means there are more opportunities for our retired years. Many Canadians no longer see retirement as a time to focus solely on winding down.

A recent survey found that 54% of Canadians who are retired, or are close to retirement, see it as a new chapter in their lives[1]. Canada's aging population has also created a greater need for better and more flexible retirement services. In fact, 71% of Canadians say that saving for retirement is a challenge during periods of rising inflation[2]. Canada Life has a wide range of solutions available to help you come up with a solid plan of action as you approach retirement – one that you may need to adapt and change as time goes on.

1 Drak, Mike. "Sounding Board: Shifting from Retirement Planning to Longevity Planning." Benefits Canada, October 24, 2022. https://www.benefitscanada.com/pensions/retirement/sounding-board-shifting-from-retirement-planning-to-longevity-planning/.

2 "BDO Affordability Index 2022." BDO Debt Solutions, September 29, 2022. https://debtsolutions.bdo.ca/press-and-media/bdo-affordability-index-2022/.



Our approach

It's not about money – it's about people

Why Canada Life?

At Canada Life, we take a people-first approach to everything we do – for our people, our customers and our communities. Our retirement journey is about more than transitioning savings to income.

Our people-first approach means:

- ✓ Being there for you along every step of your savings and retirement journey with **advice and experience**.
- ✓ Providing you with self-serve **tools and calculators** to help you prepare for your next steps.
- ✓ Offering a robust **product shelf** to meet your needs, wherever you're at in your journey.

Canada Life is **one of the largest life and health insurance organizations** in Canada serving the financial needs of **more than 13 million Canadians.**

The retirement road map

Where do I start?

It's never too early to plan ahead for a healthy retirement. Consider these key steps when you're approaching big milestones on your retirement journey.

10 years
before retirement

Estimate living expenses

Track your current spending. Use this information to estimate retirement income needs and develop a **realistic budget** – don't forget about inflation.

Estimate retirement income

Write down all your potential income sources. Remember that personal savings, company retirement plans and **government benefits** will determine retirement income.

Max out matching

If your employer offers a group RRSP or retirement plan, make sure you maximize any employer fund-matching opportunities that might be available to you.

The retirement road map

3 to 5 years
before retirement

Review investment portfolio

Revisit your **investment strategy** and consider shifting to more conservative or lower-risk investments.

Understand your plan

Learn how plan rules and government legislation affect withdrawals of your retirement savings. For instance, it may make sense to begin withdrawing money from your RRSP before you're required to at age 71 to limit the amount of income tax you pay.

Re-evaluate lifestyle needs

List possible lifestyle changes you'll encounter at retirement. Consider things like travel, part-time work, health expenses or downsizing to a new home.

Update your living expenses estimate

Has anything changed?

Update your retirement income estimate

Have your investments continued to perform as expected? Sign in to **My Canada Life at Work™** if you're a member of a Canada Life employer-sponsored savings plan and update your retirement goal on the home page to see if you're on track.

The retirement road map

1 year
from retirement

Verify pension eligibility

Contact your employer retirement savings plan provider or your HR department to ensure you fulfill age requirements for receiving a company pension and the proposed annual income.

Think about estate planning

Review your will and powers of attorney along with any succession and investment plans.

Find out what your retirement income could be

If you're a member of a Canada Life employer-sponsored savings plan by using our retirement income calculator.

Review your budget

To ensure it will meet your needs.

Combine your retirement savings

For generally higher interest rates and lower investment fees.

The retirement road map

Check out more
[tips for a smooth retirement journey.]

6 months
from retirement

Update beneficiary information

Contact your benefits administrator to confirm your company pension plan and personal savings plans have updated beneficiaries.

Apply for government benefits

To verify your eligibility for Canada Pension Plan (CPP) and Old Age Security (OAS) benefits, visit **Service Canada**. For Quebec Pension Plan (QPP), visit **Retaite Quebec**.

Apply for company pensions

Let your benefits administrator know when you'd like to start receiving pension payments and verify the annual income amount.

Review your insurance needs

Although Canada has great health insurance, it may not cover all your needs. Determine whether you require additional **health and dental insurance**, long-term care insurance, or if you're traveling outside Canada, private travel medical insurance.

Care for your mental health

During this life change, **Workplace Strategies for Mental Health** has retirement related resources.

Understanding retirement income options

What are RRIFs/LIFs/annuities anyway?

As part of your retirement journey with Canada Life, you have access to flexible, customizable retirement income solutions that suit your needs.

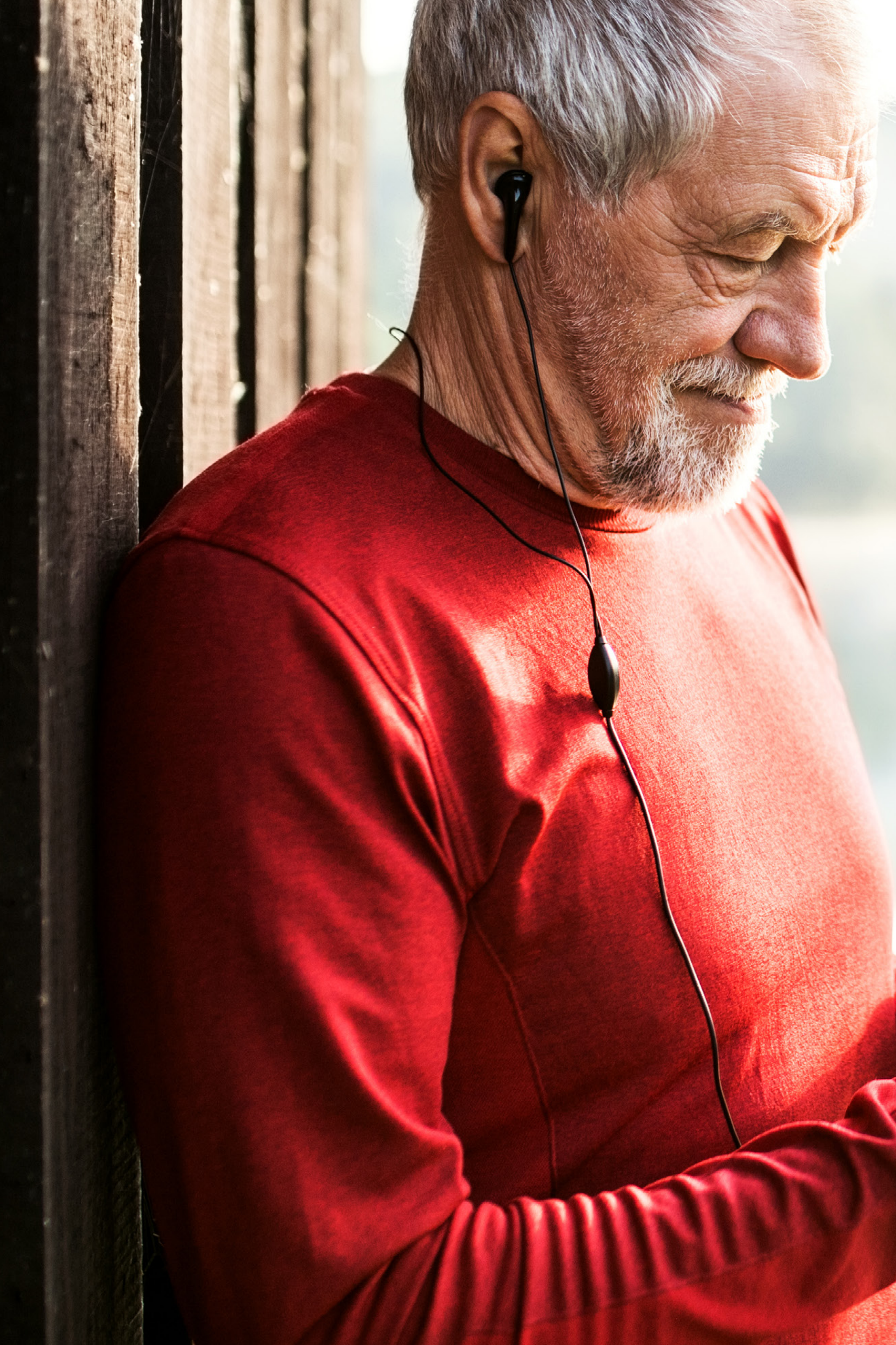
A registered retirement income fund (RRIF) is like a registered retirement savings plan (RRSP) in reverse. It's a great way to **convert your savings into flexible retirement income**. With a RRIF, there's no maximum withdrawal amount, so you can take money from your RRIF at any time. You can continue to **grow your savings tax-deferred** until you take funds out. You can also choose to invest your money however you like.

A life income fund (LIF) is like a RRIF. If you've reached retirement and you have a pension you want to receive income from, you can convert it to a LIF. With a LIF, you control investments within your plan, so you can **hold a variety of investments with potential for growth**. You can also convert your locked-in retirement account (LIRA) savings to a LIF once you retire. With a LIF, you'll only pay income tax on the money you withdraw each year. You'll continue to grow your assets tax-deferred.

Annuities can offer a **guaranteed income stream with customizable options** to help you step into retirement. Similar to a pension plan, an annuity can be thought of as pooling money from thousands of Canadians. You can put a portion of your retirement savings, like RRSP, into an annuity. It can cover your basic needs so the rest of your money can be used to live the retirement you want – taking that dream vacation, for example.

Remember, you don't have to choose just one option. A combination of an annuity and a RRIF or LIF can work hand in hand.

Canada Life also offers specialized retirement funds that can be included as part of your RRIF/LIF. Learn more.



Retirement funds that fit you

What retirement fund should I choose?

You're looking for simplicity and choice with your retirement funds. Canada Life's **retirement funds** offer the simplicity of an easy all-in-one fund solution while also providing some choice so that the fund you choose is closely aligned to your needs in retirement and risk tolerance. Our funds were specifically designed with you, the retiree, in mind. They can help protect and grow your savings by guarding against market volatility and inflation while also allowing your savings to grow.

Canada Life Retirement Conservative Fund

For significant protection from market downturns with modest growth potential, while still earning stable income.

Canada Life Retirement Moderate Fund

For a balance of protection and growth potential.

Canada Life Retirement Balanced Fund

To maintain some protection from market downturns with enhanced growth potential.

These funds can be included as part of an RRSP, RRIF or LIF. Learn more.

Empowering educational tools and resources

What tools are available to help me?

Providing you with the right tools at the right time allows you to feel more in control of your financial future. Canada Life provides tools throughout your journey from enrolment to retirement. Here's just a sample of what's in store:

Resources on canadalife.com

Looking for tools to help with retirement planning? Whatever your learning style, canadalife.com has videos, calculators and articles that cater to your needs. Our resources can help you achieve financial wellness through every stage of your journey and offer a range of information dealing with financial planning, saving, investing and more.

My Canada Life at Work

Our one-stop digital experience for both retirement and benefits members. You can view your savings and work with planning tools and resources before meeting with our experts. Your dashboard will have an overview of all savings accounts, including total balance, contributions and growth. Plus, you can set retirement savings goals and track your progress with the Goal setting tool.

Investment personality questionnaire

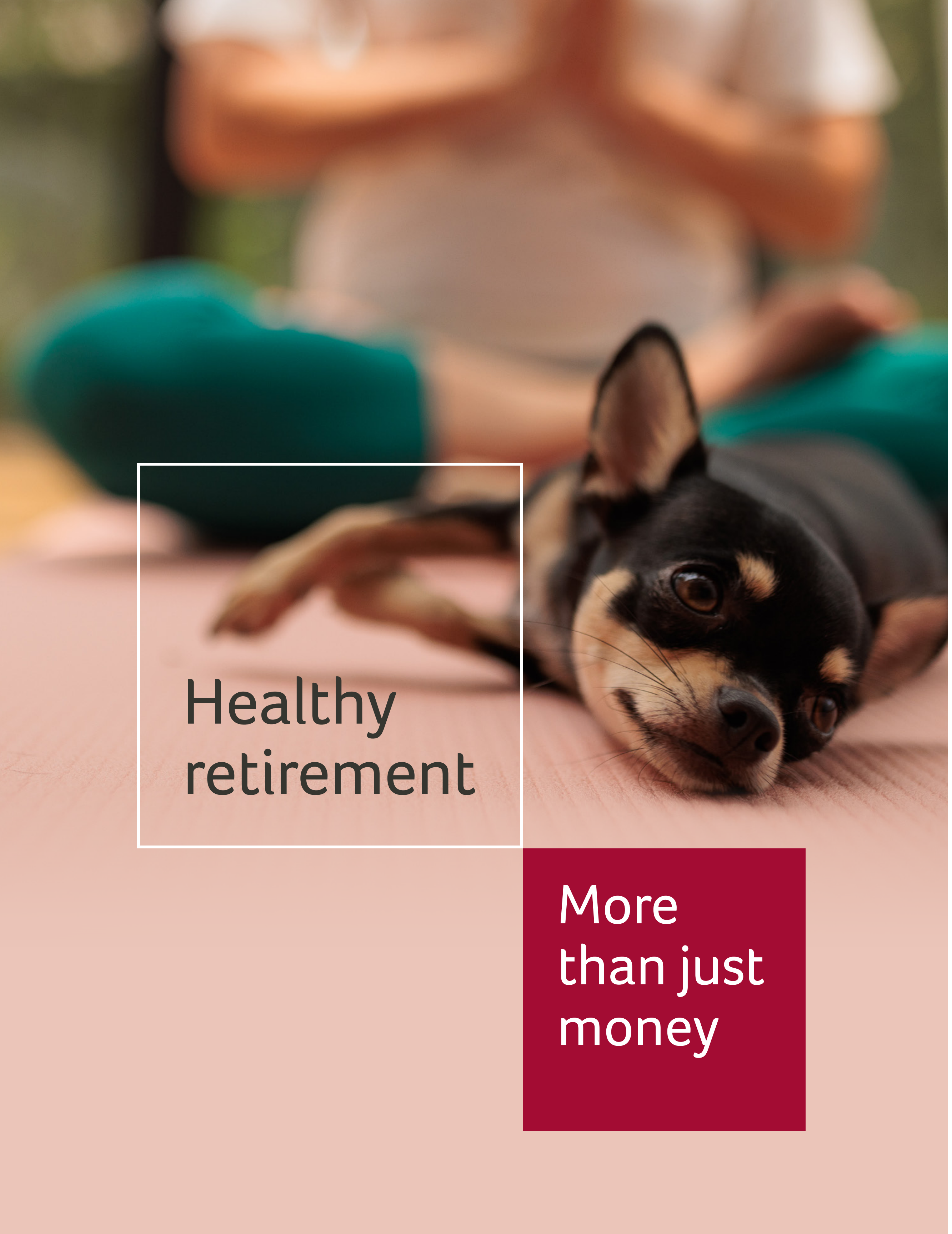
Want to find out how comfortable you are with investment risk? Your answers to these questions help you understand your savings goals and investment personality. Once you complete the questionnaire, it can help you determine what investment options may work for you.

Retirement income calculator

How much retirement income could your savings generate with a hands-on solution? This calculator helps you find out. Enter information about you and your current savings plan(s) and view graphs and charts of your results.

Impact of early retirement withdrawals calculator

With this calculator, you can find out how making early withdrawals from your group retirement and savings plan(s) could impact your future retirement income.



What about mental and physical health in retirement?

While saving and planning for your financial future, it's important not to ignore other aspects of the quality of your life. Here are some resources and services from Canada Life that can help.

Workplace Strategies for Mental Health – A source of free resources, provided courtesy of Canada Life, that can help promote mental health and well-being at work. The retiring well questionnaire on this site can help you think about relationships and contribution, living comfortably, recreation, health and well-being when you retire. It's designed to help you plan for the quality of life you want in retirement.

Pillcheck – A recent study reported that 81% of Canadians aged 60 to 79 were taking one or more prescription medications[3]. Pillcheck is a unique service for managing medications. Sometimes, you may face unwelcome side effects, ineffective results or other challenges related to prescription drugs. Pillcheck analyzes your unique genetic profile to help identify the right medication at the right dosage. You can also share these results with your healthcare provider, who can optimize your treatment. This service is offered at a discount for Canada Life plan members with My Canada Life at Work.

3 "Prescription Medication Use among Canadian Adults, 2016 to 2019." Statistics Canada, June 28, 2021. https://www150.statcan.gc.ca/n1/daily-quotidien/210628/dq210628e-eng.htm.

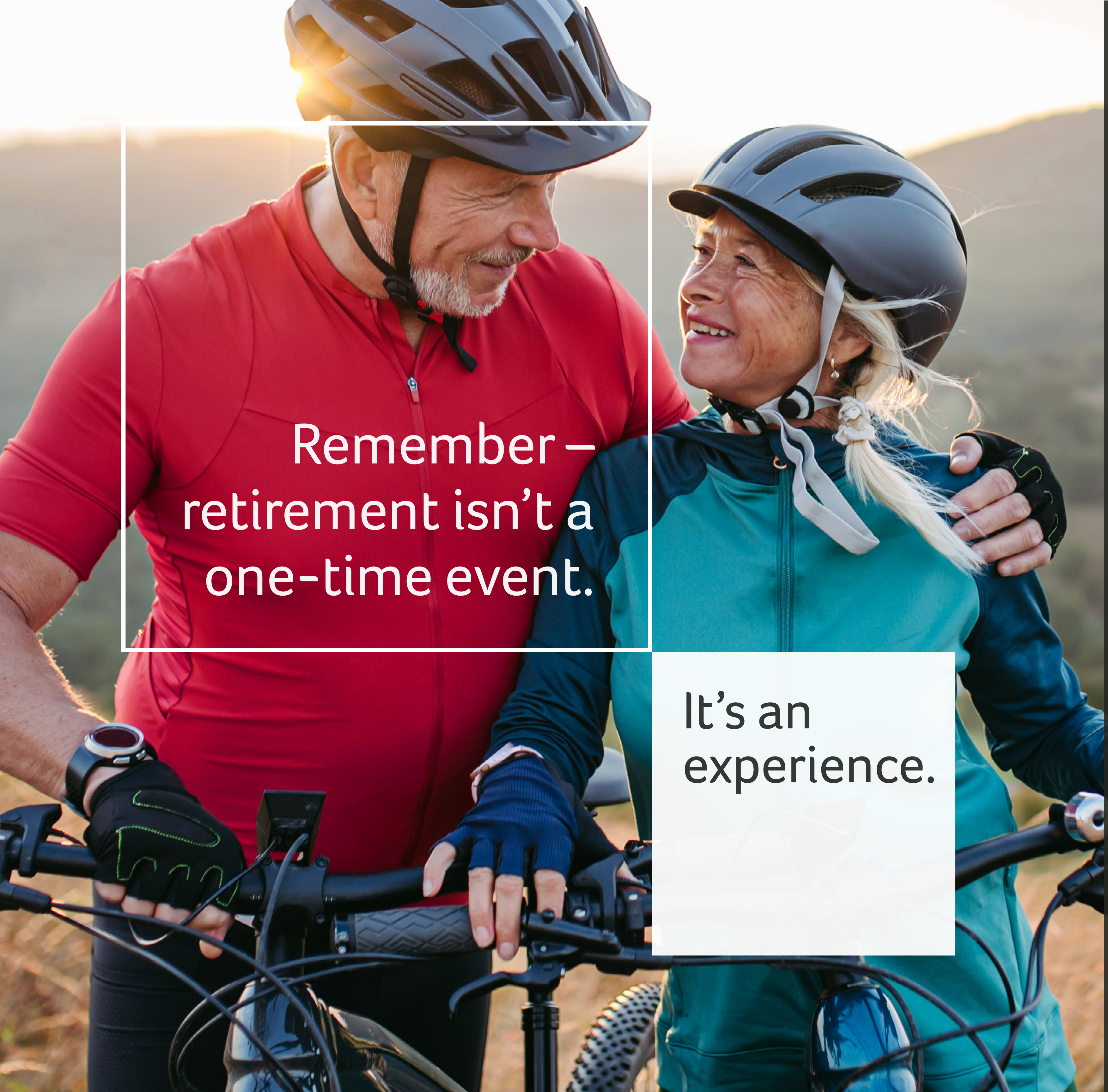
A wealth of retirement knowledge on canadalife.com

Where can I learn more?

Did you know we have dozens of free articles on canadalife.com to help answer common questions about retirement?

We can help provide you with more information on these important topics:

- How much money do I need for retirement?
- How do you know when it's time to retire?
- What are the different types of pension plans?
- What about retirement planning for couples?
- What happens when interest rates rise?



Remember – retirement isn’t a one-time event.

It’s an experience.

Retirement is an exciting stage in your life. You’re closing in on a new chapter that gives you an opportunity to put an emphasis on all the things you may not have had time for during your working years. The life of a retiree can, and should, be everything you want it to be.

We understand the daily experiences and real-world needs of the people we support. This means we’re able to provide the support and solutions our customers need, when and how they need them, and in every phase of life. Financial well-being is a lifelong journey, not a destination. With Canada Life, you can be sure that our solutions and experiences will help you plan for life as you know it, no matter what that means to you.

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