

Some myths debunked to take the stress out of saving



Saving with peace of mind is easier when we debunk some of the myths that get in the way of sound financial planning. Understanding a few basic concepts can help you make the most of your group retirement savings program.

Let's bust some of the myths that can affect your journey towards financial empowerment!

1. You need a lot of money to save.

False! Set aside a small amount per paycheque—even just \$25—to start. By maintaining a regular savings pace, you benefit from the strength of compound returns (return on return) that **help grow your savings even more** over time.

Find out how much you need to save with **On Target Retirement®**. This calculator, available online in your group retirement savings account, also lets you track your progress, adjust your approach and simulate different scenarios.

2. It's too early or too late to start.

There's no time like the **present**. Whether you're 25, 35 or 55, your employer's group retirement savings program offers a variety of investment funds that could correspond to your circumstances, goals and risk tolerance.

Use the **investor profile questionnaire** to better identify investment options that are right for you. Then, update your investment instructions accordingly. We're with you every step of the way!

The questionnaire is simple and always available in your online account.

3. Investing in turbulent times is risky

False. It's okay to be reluctant to invest right now. But **investing periodically** over the long term can help you take advantage of fluctuations.

Watch the **Market volatility video** on your account's home page. It gives you simple ways to better manage your investments during volatile periods.

To learn more and bust other myths, read **8 myths debunked to take the stress out of saving** online in your group retirement savings account under **Wellness Centre > Financial wellness > Savings**.

Taking the stress out of saving is easier with our group retirement savings program.

Log on to your account

(Click on the green button or scan the QR code)

Via the Omni mobile app



Via the website



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