

Stay the course on retirement savings

Make sure you're heading where you want to go with an annual checkup.



Step 2:

Update your profile and beneficiaries. Make sure your information is up to date, especially if you've recently experienced a life event.

[MAKE UPDATES](#)

Step 4:

Check where you're invested. Make sure your investment choices still align to your long-term goals.

[CHECK INVESTMENTS](#)

Step 1:

Check your balance. To get your bearings, start by using our age-based milestones to see where you are on the path to retirement.

[LEARN MORE](#)

Step 3:

Review your savings rate. Choose your path: Try to contribute enough to get your full employer match or increase your contributions by 1% each year.

[INCREASE NOW](#)

Step 5:

Ask for directions! Even if you don't know where to start, there's help available online, in person, or by phone.

[GET HELP](#)

Investing involves risk, including risk of loss.