Celebrate National Retirement Security Month by taking control of your financial wellness

Your overall wellness is made up of more than just your physical, mental and emotional health. Your financial wellness plays a big part in your general well-being as well. Many of us don’t spend enough time thinking about our future. But with a little planning and guidance, you can build a more secure tomorrow by creating good habits to help improve your financial outcome for life.

October is National Retirement Security Month. Spend some time this month with the SFDCP to work on achieving the financial future you envision. Beginning October 1, visit the National Retirement Security Month page at sfdcp.org to watch a new on-demand financial wellness presentation and for additional information on creating good financial habits. Then log into your SFDCP account and click Financial Wellness near the top of the page to take a brief financial wellness assessment that will help measure where you are across the six pillars that are key to overall financial wellness. It all begins with you!

In addition, SFDCP Counselors will host live webinars every weekday in October starting October 5. You can sign up at sfdcp.org to attend any or all of these sessions.

- Week of October 5 - Take control of your financial wellness
- Week of October 12 - Help achieve your financial retirement goals with the SFDCP
- Week of October 19 - SFDCP account tools & demonstrations
- Week of October 26 - Take control of your financial wellness

October is also a great time to schedule an appointment with your department dedicated SFDCP Counselor to review your retirement planning and saving strategy. Visit the Contact Us page at sfdcp.org to schedule a date and time that’s convenient for you. Counselors can meet with you by phone or online using Zoom technology. Together, we can help you take meaningful actions on your journey to financial wellness.
Invest for your retirement with Dollar Cost Averaging

Think about all of your regular ongoing spending activity and bills – mortgage payments, tuition, internet, subscription services, car payments, credit card bills, and saving for retirement in the SFDCP. That’s right, regular and ongoing saving each pay period should be considered a monthly budget item. There’s no need to struggle to save all at once with a large lump sum investment. With Dollar Cost Averaging, you can systematically invest small amounts to potentially grow your portfolio.

The Strategy

Dollar Cost Averaging is a long-term investment strategy in which equal monetary amounts are invested regularly and periodically over specific time periods (such as $100 per pay period) in a particular investment or portfolio. By doing so in the SFDCP, more shares are purchased when prices are lower and fewer shares are purchased when prices are higher. This strategy may lower the total average cost per share of the investment, giving you a lower overall cost for the shares purchased over time.

This illustration does not reflect the performance of any specific investment. Systematic investing does not ensure a profit or guarantee against loss. Consider your ability to consistently invest in up as well as down markets.

Dollar Cost Averaging in a fluctuating market

When the market fluctuates, so will the number of shares purchased.

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<th>Share Price</th>
<th>Shares purchased at $100 per pay period</th>
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<tr>
<td>$4</td>
<td>20 Pay 1</td>
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<td>$6</td>
<td>16 Pay 2</td>
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Total amount invested: $600
Shares purchased: 86
Investor's average cost per share: $6.98
Average market price per share: $7.17
Investor saves: $0.19 per share

The Benefit

The possible benefit is that you are buying more shares at lower prices and fewer shares at higher prices, and therefore effectively averaging down the overall price of the shares. Dollar Cost Averaging cannot guarantee a profit or prevent losses in declining and volatile markets, however it is intended to help reduce exposure to timing and price risk associated with making a single large purchase.

Set up

Participating in and contributing to the SFDCP is a Dollar Cost Averaging strategy on its own. But it’s the most effective when the invested amount is consistent and you remain committed to contributing as a long-term investment and retirement planning strategy. Since your SFDCP contributions are automatically deducted from your bi-weekly paycheck, it’s a simple and convenient way to consistently invest. To learn more about how Dollar Cost Averaging works in your SFDCP account, schedule a personal appointment with your department dedicated SFDCP Counselor today.
Keep your SFDCP account secure and updated

It’s important to safeguard your financial accounts and personal information against the ongoing risk of fraud, cyber threats, and other unauthorized activity. You should treat your account numbers, PINs, passwords, and personal information as the keys to your accounts. Remember that you are your own first line of defense when it comes to protecting your accounts and identity.

One of the most critical steps you can take to keep your SFDCP account safe is to register your username and password online. If you have not registered your SFDCP account online, you are at a greater risk of having your accounts compromised. Fraudsters, for example, like to target unregistered accounts that they can set up with their own data points like phone number and email address. You are more secure by registering your accounts online. If your registered account is hacked, there is also a higher probability of catching it when it happens.

Once you’ve registered your SFDCP account online, make sure to monitor your account regularly and be mindful of any unusual withdrawals, deposits, or transactions. We encourage you to review and update contact information in your SFDCP account as well. Next time you log into your account, go to My Profile > Communication Preferences to confirm or update your email address on file. While you’re there, you can also review your Paperless or Mail Options to customize your preferences and receive information and required documents by either email notification or U.S. Mail.

Don’t put it off any longer. Visit sfdcp.org today to register your username and password, and log in to provide or update your email address on file and sign up for electronic notifications.

Increase your contributions for the rest of 2020

You still have time to reach the limit you can contribute to the SFDCP in 2020, or increase your contributions for the rest of the year to give your account a boost heading into 2021. To make contribution changes to meet the IRS limit:

- Visit voya.com/irslimits to confirm how much you can save for retirement in 2020.
- Review the 2020 Payroll Deduction Schedule on the sfdcp.org welcome page.
- Log into your SFDCP account and confirm your year-to-date (YTD) contributions.
- Subtract the total YTD contributions you’ve already made from the 2020 limit, then divide that amount by the number of pay periods remaining in the year to calculate what you can still contribute to meet the limit.

When you’re ready to update your contributions, log into your SFDCP account and go to Account > Contributions > Change Contributions. If you have any questions about your 2020 limits or updating your contribution rate, please call 888-SFDCP-4U (733-2748). We’re happy to help!

Did you know?
49% of SFDCP participants still haven’t registered their SFDCP account online since the Plan transitioned to Voya Financial in September 2019.
The rise of healthcare costs could have a large impact on your retirement savings.

People worldwide are living longer. For those who live to be 90 or older, living that long may mean having to stretch retirement income further than expected and paying more towards healthcare than was planned for. How will you manage your retirement savings for the potential medical care costs if you live that long?

It’s important that you understand the impact of healthcare costs on retirement income. The following online resources can help you estimate your costs of healthcare in retirement.

myOrangeMoney®

The myOrangeMoney experience in your SFDCP account shows the future monthly income you may need in retirement and your progress toward that goal. Make sure to add your SFERS pension information into the experience as well to give your SFDCP account a complete view of all of your retirement income sources. Then use myOrangeMoney to estimate healthcare expenses and easily assess whether your income estimate will be enough to meet your needs as you age.

According to data compiled by ssa.gov¹:

1 in 4
65-year-old Americans will surpass age 90

Living to 100 Life Expectancy Calculator

Developed by the director of the New England Centenarian Study, Livingto100.com uses research data and your answers to 40 brief questions to estimate how long you will live.

1 in 10
will live to be age 95

AARP’s Health Costs Calculator

AARP’s educational tool, available at aarp.org/retirement/the-aarp-healthcare-costs-calculator, helps to estimate healthcare costs in retirement. It shows you how making small changes toward a healthier lifestyle today may enhance your retirement readiness.


Make sure you’re saving enough now to achieve your financial retirement goals. To help you stay on track, schedule a personal appointment with your department dedicated SFDCP Counselor. Visit the Contact Us page at sfdcp.org today to get started.