# **Healthy habits**



You probably know how important it is to keep your body healthy. Habits like eating right, exercising and taking vitamins will help you maintain your health. Did you also know that adopting some healthy financial habits can help you keep your retirement planning in good shape?

## Measure performance regularly

At least once a year, take a look at how your investments have performed. Make sure to check both recent and long-term performance. If your investments have experienced some short-term losses, don't panic. Temporary performance fluctuations are a normal part of investing.

A good way to determine how well your portfolio has performed is to look at the performance of similar investments. Compare your returns to the returns of a comparable benchmark index. If an investment's return is consistently much lower than that of its benchmark index, it may be time to consider making a change.

## **Check portfolio weightings**

Has your asset allocation shifted? You may need to rebalance your portfolio if one investment type represents a much higher — or lower — percentage of your portfolio than you had intended. Also, make sure that your asset allocation still reflects your risk tolerance. As you near retirement, you may find that you want to move some of your money into more conservative investments.

#### Find out about new options

Has your plan added any new investment options this year? If it has, see if any of them would work with your portfolio and benefit your retirement goals. It's possible that a new investment option may be a good fit for your risk tolerance and long-term goals.

## Get up to date with designations

Think about how your life has changed over the past year. Has there been a marriage, birth, death or divorce in your family? A major life event could affect your retirement plan. You may need to change your beneficiary designations, especially if your spouse has died or you've remarried. Since your beneficiary is the person (or persons) who will receive the funds in your retirement plan account, it's important that your designations are up to date.

## Figure out financial fitness

Are you on track to reach your financial goals? If you're worried that you won't be able to accumulate enough money to provide you with a comfortable lifestyle during retirement, you may need to start making some changes. Adopting healthier financial habits now may help you have a financially fit future.

**For further information on financial planning**We invite you to visit <u>mybmoretirement.com</u> or call the My BMO Retirement Line at **1-800-858-3829**.

