

# Your retirement savings vs. your lifespan. Which will last longer?

**Longevity risk** in plain English means running out of money before you run out of life. Sounds like it would be simple to manage, right? Well, not quite—there are many moving parts to consider.

## The good news: Life expectancy is rising

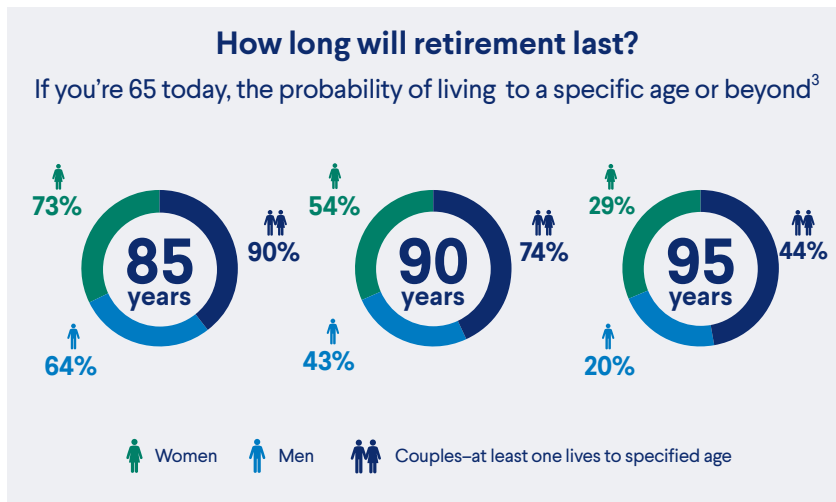
People are living longer thanks to better healthcare and healthier lifestyles. Average U.S. life expectancy is climbing, up to 79.40 years old in 2025 (vs. 2005 average of 77.49 years.)<sup>1</sup>

## The tricky part: Retirement often comes sooner

Life doesn't always go as planned. Unexpected events like job changes or caring for family can push retirement earlier than expected. **47%** of retired investors do not retire when originally planned.<sup>2</sup>

## The real challenge: Savings must stretch further

No one knows exactly how long they'll live. In fact, 35% underestimate it and another 24% admit that they have no idea.<sup>3</sup> That uncertainty makes it hard to be sure your savings will go the distance.



Let's explore how to help you manage longevity risk.

## Unfortunately, longevity risk rarely acts alone

One of the most concerning aspects of longevity risk is that it connects with and compounds other key retirement risks. We call these the L.I.V.E. risks: Longevity, Inflation, Volatility and Emotion.



### Inflation Risk

In a long retirement, inflation compounds more and erodes purchasing power.



### Volatility Risk

The longer you live, the more downturns (and up markets) you may face.



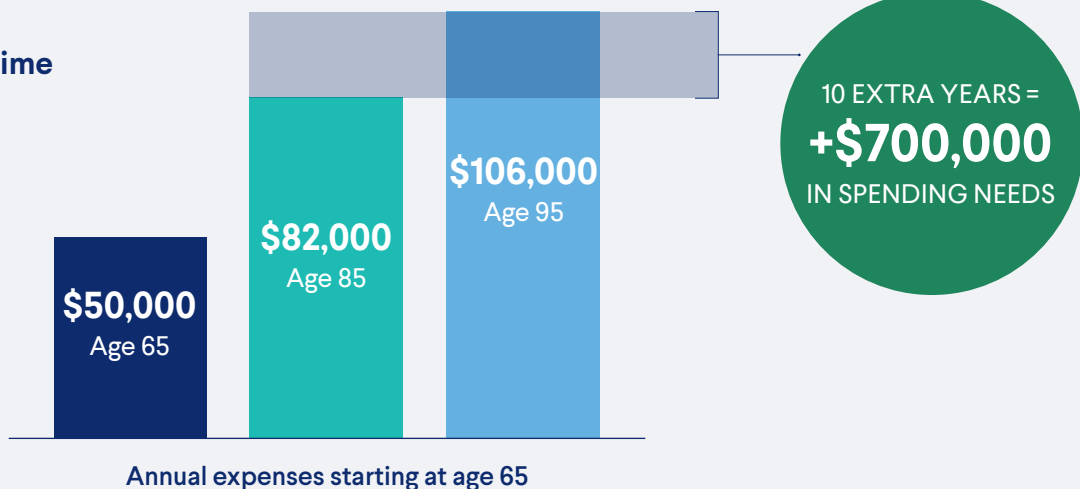
### Emotion Risk

Anxiety about outliving savings can push you to make rash financial decisions or no decisions at all.

## Longevity + Inflation = Double Trouble

A hypothetical 65-year-old has \$750,000 in savings and needs \$50,000 per year (before inflation) to supplement their Social Security.\*

### The cost of inflation over time



In this example, the difference between 20 and 30 years in retirement isn't just 10 extra years; it's an additional \$700,000 in spending needs driven largely by inflation.

**But here's the silver lining:** the right combination of guaranteed income (like Social Security, pensions, or annuities) and growth-focused investments can help you enjoy a long life without constantly worrying about running out of money.

\*Note that in this example, we are not adjusting year over year earnings for cost of living, but Social Security benefits are reevaluated for inflation yearly.

## Your retirement journey

Everyone's retirement story is different. Take a look at the chart below—it breaks down key longevity challenges you might face and shows practical strategies to help you stay on track, no matter what comes your way.

Client Profile	Key Longevity Risk	Strategies that can help
<b>Couples</b>	Longer combined life expectancy means one partner is likely to live much longer than the other, requiring income continuity for the survivor.	Joint income options, survivor benefits, fixed indexed annuities (FIAs) with income riders
<b>Singles</b>	No partner's benefits to rely on.	Guaranteed lifetime income streams, flexible withdrawal strategies
<b>Widowers</b>	Sudden loss of a spouse often means reduced Social Security benefits and possible lifestyle adjustments.	Income annuities, Social Security optimization

## Building a retirement plan

No magic investment exists that handles everything retirement throws at you—but that's okay! What can work is a smart mix: guaranteed income for peace of mind, protection when markets dip, and growth to help keep up with inflation and longer life.



**Let's talk and create your personalized plan for a more worry-free retirement, no matter how long it lasts.**

<sup>1</sup>Macrotrends.net, <https://www.macrotrends.net/global-metrics/countries/usa/united-states/life-expectancy>, accessed 9/4/2025

<sup>2</sup>Drinkwater, Matthew, Ph.D., FSRI, FLMI, AFSI, PCS and LIMRA LOMA. 2024 Retirement Investors: Behaviors, Attitudes, and Financial Situations, p. 7, LIMRA.com.

<sup>3</sup>CFA Institute, "100 Years and Counting: The Financial Reality of Extended Longevity," June 10, 2025.

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**L.I.V.E. Retirement Risks Education**