

Financial security is one of the most important issues for most Americans. Whether it's putting kids through college, saving for an emergency, buying a house, or saving for retirement - having enough money for life's demands is among our biggest concerns. We hope these tools will help you take the first steps toward a secure financial future.

## CALCULATORS

### RETIREMENT CALCULATORS

- [How long will my money last in retirement?](#)
- [How much should my retirement nest egg be?](#)
- [How much monthly income will my retirement savings provide?](#)
- [What is the difference between Roth 401k vs. Traditional 401k savings?](#)
- [How much income will social security replace?](#)
- [How does inflation affect my retirement income needs?](#)
- [What is my life expectancy?](#)
- [How much will I earn in my lifetime?](#)

### PAYCHECK CALCULATORS

- [How will a contribution change affect my paycheck?](#)
- [How can I convert my salary to an hourly wage?](#)
- [How can I convert my hourly wage to a salary?](#)

### SAVINGS CALCULATORS

- [How can I become a millionaire?](#)
- [How long will it take to double my money?](#)
- [How long until I reach my savings goal?](#)
- [How much should I save to reach my goal?](#)
- [What will my current savings grow to?](#)

### COLLEGE CALCULATORS

- [Will I be able to pay back my student loans?](#)
- [What are the advantages of a 529 plan?](#)

### ADDITIONAL CALCULATORS

- [Choose to Save](#) is a national public education and outreach program which is dedicated to raising awareness about the need to plan and save for long-term personal financial security. On this site you will find calculators on health & life insurance, family budgeting, credit card debt, and much more.

## EDUCATION

### ARTICLES / FLYERS

- [Beneficiary Designation](#)
- [Considering Roth](#)
- [Diversify Your Plan](#)
- [Dollar Cost Averaging](#)
- [How Long Will Your Money Last](#)
- [Inflation, Pay More Buy Less](#)
- [Lifetime Savings](#)
- [Making Up for Lost Time](#)
- [Market Timing](#)
- [Market Unrest](#)
- [Post Retirement Investing](#)
- [Power of Compounding](#)
- [QDRO \(Qualified Domestic Relations Order\)](#)
- [Rebalancing Your Account](#)
- [Required Minimum Distributions](#)
- [Retirement Plan Check Up](#)
- [Retirement To-Do List](#)
- [Revisiting Retirement](#)
- [Rollovers](#)
- [Social Security](#)
- [Taking a Loan From Your Plan](#)
- [Tax Benefits](#)
- [What's Your Retirement Plan](#)
- [What Your Plan Offers](#)
- [Choose to Save](#) is a national public education and outreach program which is dedicated to raising awareness about the need to plan and save for long-term personal financial security. View brochures on a variety of topics for financial planning.

### WORKSHEETS

- [Financial Wellness](#) - Use these worksheets to manage your financial life and begin a savings fitness plan.
- [Retirement Horizon](#) - Use these worksheets to help determine your income, expenses, and withdrawal strategy for nearing retirement.
- [Risk Quiz](#) - Use this worksheet to help determine your risk tolerance, which will enable you to allocate your assets among different investment types.

## EDUCATION

### RETIREMENT PLANNING BROCHURES

- [Allocate, Diversify, Rebalance](#)
- [Prepare for Retirement](#)
- [Retirement Planning Guide](#)
- [Saving and Investing](#)
- [Saving and Investing for Students](#)
- [Social Security Benefits](#)
- [Social Security and Women](#)
- [Understanding Mutual Funds](#)
- [Understanding Target Date Funds](#)
- [Women and Retirement Savings](#)

### WORKSHOPS (Recorded Tutorials)

- [Asset Classes](#) – Learn about stocks, bonds and cash equivalents and the risks associated with these types of investments.
- [Building A Portfolio](#) – Learn how to build a personal investment strategy based on your time horizon and risk tolerance.
- [Financial Wellness](#) – Learn the fundamentals of budgeting and how you can prepare financially to meet your future needs and goals.
- [Investing for Women](#) – Learn about the myths and facts related to women and investing today, and why it is so important for women to have a retirement savings plan in place
- [Leaving Your Employer](#) – Learn about the various distribution options available as you considering leaving your employer or nearing retirement.
- [Plan Loans](#) – Learn about the pros and cons from taking a loan from your retirement plan account, and the questions you should consider before taking a loan.
- [Roth Savings](#) – Learn the differences between pre-tax savings and Roth after-tax savings, and who should consider the Roth savings option.
- [Saving for Retirement](#) – Learn about the tax-deferred benefits, tax-deferred growth benefits, and saver's tax credits that may be available when you participate in our Plan

## RESOURCES

### GENERAL INFORMATION

- [Beneficiary Designation](#) - View an explanation of beneficiary terms.
- [Contingent Redemption Fees](#) - Some funds in your retirement plan may assess a contingent redemption fee (CRF) if the funds are not held for a minimum holding period before being transferred to another investment option. This guide explains more about those fees.
- [Fee Disclosure Notice FAQ](#) - View an FAQ sheet regarding your annual Fee Disclosure Notice which discusses your plan fees, expenses, and investments.
- [Mobile Set Up \(Android\)](#) - View instructions for adding a website shortcut to your mobile device. For Android as of PIE.
- [Mobile Set Up \(iPhone\)](#) - View instructions for adding a website shortcut to your mobile device. For iPhone as of iOS 12.
- [Online Distribution Guide](#) - This guide provides step-by-step instructions for requesting an online distribution, along with an FAQ sheet.
- [Online Loan Instructions](#) - This guide provides step-by-step instructions for requesting a loan online.
- [Participant Website FAQ](#) - View an FAQ sheet which covers basics questions on account set up and investment information.
- [Participant Website User Guide](#) - This guide provides step-by-step instructions for establishing your account, updating your account, and accessing your investment information.
- [Quicken FAQ](#) - View an FAQ sheet which covers basics questions on account set up.
- [Quicken Guide](#) - This guide provides step-by-step instructions for converting data into Quicken.
- [Retirement Plan Fees](#) - This brochure reviews the basics of retirement plan fees and who pays them.
- [Retirement Plan Term Glossary](#) - This glossary defines terms that are likely to apply to a wide group of plans and investments within your retirement plan.
- Special Tax Notice Regarding Plan Payments - For terminated participants, you may view tax information on your distribution.
  - [For Payments Not from a Designated Roth Account](#)
  - [For Payments from a Designated Roth Account](#)

### FINANCIAL LINKS

- [Bloomberg](#)
- [Kiplinger](#)
- [Morningstar](#)
- [MSN Money](#)
- [Yahoo Finance](#)

### GOVERNMENT LINKS

- [Internal Revenue Service](#)
- [Social Security Administration](#)
- [US Department of Labor](#)

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