

YOUR ROADMAP TO HEALTH & WEALTH

As you move through each of life's major stages, take these and other proactive steps to achieve lifelong health and wealth.



Foundation 0-14 ▶



Development 15-24 ▶



Interdependence 40-54 ▶



Independence 25-39 ▶



Renewal 55-65 ▶



Reflection 66+ ▶



Foundation

Early Years: Birth to Age 14

KEY SITUATIONAL FACTORS: Educating and guiding children

HEALTH PLANNING

LIFESTYLE FACTORS

- Prioritize your health values and secure a common commitment with your spouse
- Instill children's commitment through repetition and modeling of healthy behaviors and habits:
 - Daily exercise
 - Optimal nutrition
 - Sleep adequacy

RISK ASSESSMENT

- Observe young children carefully for unexpressed health issues
- Learn and track medical benchmarks for physical development

HEALTH SCREENINGS

- Follow CDC recommended vaccinations in a timely fashion
- Be aware of new recommendations such as those for rotovirus for young children and HPV for pre-teens
- Screen for emerging issues of disease and disabilities such as hearing and visual acuity

PREVENTION STRATEGIES

- Establish communication ties with valuable health allies: pediatrician, school contacts, fellow parents and teachers
- Ensure information source for medical breakthroughs and research

WEALTH PLANNING

CASH FLOW & DEBT MANAGEMENT

- Consider budgeting on average \$300,000 for child-raising expenses from birth to age 18
- Consider purchasing life and disability insurance
- Begin to teach your children about money and the importance of saving

INVESTMENT PLANNING

- Begin education funding, consider funding 529 Plans
- Use tax-deferred accounts wherever possible
- Establish appropriate savings vehicles

RETIREMENT PLANNING

- Prioritize capital accumulation over gifting strategies
- Balance long-term retirement funding with education funding

WEALTH TRANSFER PLANNING

- Incorporate trusts for children into your estate plan; name a guardian for children
- List a trust with children as secondary beneficiaries on retirement plans and life insurance policies
- Consider establishing irrevocable life insurance trusts and generation-skipping trusts
- Make annual exclusion gifts
- Introduce children to personal giving and volunteering



Development

Teens & Young Adults: Ages 15—24

KEY SITUATIONAL FACTORS: Protecting Children

HEALTH PLANNING

LIFESTYLE FACTORS

- Understand the onslaught of pressures and changes in this life stage
- Deliberately identify and encourage positive role models outside the nuclear family
- Commit to modeling healthy decision making within your home
- Continuously seek positive engagement with your young adult children through healthy, shared interests such as spectator sports and the arts
- Reinforce healthy habits learned in childhood

RISK ASSESSMENT

- Watch carefully for the beginnings of high-risk behaviors
- Observe incidences that reflect judgment development and supervise activities accordingly

HEALTH SCREENINGS

- Observe signs of depression, mental health issues, eating disorders and substance abuse
- Enlist your pediatrician to provide clinical screenings for mental and addictive conditions
- Follow recommended screenings for emerging diseases, based on family history and crucial baselines for lifelong comparisons

PREVENTION STRATEGIES

- Observe subtle behaviors to assess need for intervention
- Through active listening, build a pattern of steady parent/child communication
- Reach out to gain health counsel from your primary physician or family health advocate

WEALTH PLANNING

CASH FLOW & DEBT MANAGEMENT

- Establish and maintain a good credit rating
- Model and discuss responsible financial behavior for your children
- Continue to teach your children the value of budgeting and saving

INVESTMENT PLANNING

- Help children purchase an investment vehicle and monitor its performance overtime
- Review accounts and transfer to children at majority

RETIREMENT PLANNING

- Encourage adult children who work to start saving at least 10- 20% of income
- Adult children should take advantage of employer 401(k) plans and/or set up a Roth IRA with automatic transfers

WEALTH TRANSFER PLANNING

- Adult children should establish a will, directives to physicians and durable and health care powers of attorney
- Prepare your children to become beneficiaries of an existing trust
- Discuss premarital financial planning
- Involve your children in charitable plans and activities

Independence ▶



Independence

Pivotal Years: Ages 25-39

KEY SITUATIONAL FACTORS: Learning to manage independence

HEALTH PLANNING

LIFESTYLE FACTORS

- Learn and apply wholesome lifestyle practices for current and future health
- Learn and substitute healthy responses to stress vs. alcohol consumption, caffeine addiction or destructive behaviors
- Enlist specific support activities from key family members to reduce stress

RISK ASSESSMENT

- Critically assess stress factors of this life stage: career, family and community demands
- Attend to symptoms of emerging disease and stress-related issues of anxiety, skin disorders and physical distress

HEALTH SCREENINGS

- Test for fertility, pregnancy and childbearing medical issues, including undetected sexually transmitted disease
- Commit to date-certain screenings of emerging disease, as life complexity may cloud recognition of symptoms and family risks

PREVENTION STRATEGIES

- Begin proactive collaboration with physicians for prenatal health regimen, including vitamins, predictive testing, optimum exercise and nutrition
- Consider professional health support: a family health advocate and selected therapists for physical and emotional needs

WEALTH PLANNING

CASH FLOW & DEBT MANAGEMENT

- Minimize nondeductible debt
- Establish a comprehensive insurance program including disability, health, life and personal liability coverage
- Gain an understanding of expenses and budget for an emergency fund to cover three to six month's income
- Discuss financial plans with partner
- Consider health savings accounts

INVESTMENT PLANNING

- Plan for a long-term horizon, at least to age 90
- Review allocations, consider adding alternatives to core holdings to diversity portfolio

RETIREMENT PLANNING

- Coordinate plans with spouse or partner
- Strive to save 10-20% of income
- Maximize retirement plan contributions [e.g., 401(k) plans, IRAs]

WEALTH TRANSFER PLANNING

- Update will, directives to physicians, durable and health care powers of attorney
- Establish and implement premarital financial planning strategies
- Continue to involve your children in philanthropy

Interdependence ►



Interdependence

Sandwich Generation: Ages 40—54

KEY SITUATIONAL FACTORS: Balancing Act

HEALTH PLANNING

LIFESTYLE FACTORS

- Plan for self-care practices
- Maintain regular, sufficient sleep patterns
- Assess life balance issues and address deficiencies in physical, emotional and spiritual practices

RISK ASSESSMENT

- Understand the link between caregiving stresses and your physical and emotional health
- Recognize tendencies for self-neglect
- Observe stress symptoms and address at early stages to prevent illness

HEALTH SCREENINGS

- Raise vigilance in screening, prioritizing colonoscopy and mammogram
- Undergo a physical for crucial baseline information and early detection
- Learn about the latest findings on advanced diagnostics

PREVENTION STRATEGIES

- Enact individualized plans around key issues such as perimenopause
- Take a realistic view of caregiving “workload” and outsource selected caregiving responsibilities
- Enlist a health care advocate to coordinate medical appointments, etc., for loved ones

WEALTH PLANNING

CASH FLOW & DEBT MANAGEMENT

- Manage credit card debt to maintain a good credit rating
- Review and update insurance program including disability, health, life and personal liability coverage
- Consider purchasing long-term care insurance for you and your parents
- Discuss your parents’ cash flow needs and factor into your own plan
- Consider health savings accounts

INVESTMENT PLANNING

- Maximize tax-deferred savings and retirement contributions
- Review and rebalance asset allocations, consider adding alternatives to core holdings to diversity portfolio

RETIREMENT PLANNING

- Determine target retirement age
- Discuss parents’ financial needs and evaluate implications
- Maximize employer-sponsored retirement plans [e.g., 401(k) plans, IRAs], including available catch-up contributions

WEALTH TRANSFER PLANNING

- Update all estate planning documents factoring in any changes to your family situation
- Discuss your parents’ estate and wealth transfer plans and adopt your own plan as needed
- Integrate your estate plan within your overall financial plan
- Consider creating a lifetime gifting strategy for family and/or charities



Renewal

Maturing Years: Ages 55—65

KEY SITUATIONAL FACTORS: Peak Productivity

HEALTH PLANNING

LIFESTYLE FACTORS

- Consciously maintain a youthful attitude through ongoing education, meditation and exercise
- Learn strategies for safe and healthy travel, as well as emergency preparation
- Deliberately maintain social interaction and pleasurable group activity

RISK ASSESSMENT

- Take note of emerging aging effects including declining visual, hearing and mental acuity
- Focus on vigorous early detection for optimum prevention and management

HEALTH SCREENINGS

- Ensure proper travel immunizations with careful consideration of special destination risks and emergency preparedness
- Apply special vigilance to symptoms and screenings for early stage heart disease, prostate cancer, breast cancer and osteoporosis

PREVENTION STRATEGIES

- Organize your individualized plan for high-level disease prevention, using new science and therapies
- Enlist a health care advocate to help activate, coordinate and enhance your prevention strategies

WEALTH PLANNING

CASH FLOW & DEBT MANAGEMENT

- Evaluate the pros and cons of eliminating debt
- Factor in cost of health care and insurance coverage (e.g., life, medical care or long-term care insurance)

INVESTMENT PLANNING

- Examine sources and stability of cash flow and adjust allocations appropriately
- Review asset allocations to stay ahead of inflation and taxes
- Diversify single stock exposure and other highly concentrated holdings

RETIREMENT PLANNING

- Discuss retirement plans with spouse/partner and children
- Begin to consider where you'll retire, factor in state income and estate taxes
- Make catch-up contributions to retirement plans

WEALTH TRANSFER PLANNING

- Review and update estate planning documents and retirement plan beneficiary designations
- Develop charitable giving strategies and implement lifetime gifting strategy



Reflection

Prime Time: Age 66+

KEY SITUATIONAL FACTORS: Quality of Life

HEALTH PLANNING

LIFESTYLE FACTORS

- Maintain consistent communication with adult children
- Be proactive in planning social engagements and scheduled activity, including volunteering
- Pursue increased mobility; resist resigning yourself to less physical activity

RISK ASSESSMENT

- Pay close attention to the interaction of prescriptions with changes in metabolism due to aging
- Assess potential hazards to avoid injury
- Assess your social network and how you are expanding the number of people and activities within your life

HEALTH SCREENINGS

- Get a geriatric evaluation from a proven specialist
- Screen for mental acuity, depression and physical strength and flexibility

PREVENTION STRATEGIES

- Integrate your medical support for frequently changing aspects of aging
- Do strength training to prevent injury and recover more quickly from medical incidents
- Enlist a health care advocate to assert your needs, clarify your complete medical picture and monitor changes

WEALTH PLANNING

CASH FLOW & DEBT MANAGEMENT

- Factor in work plans and inflation during retirement
- Review insurance coverage and adjust (e.g., consider added health care coverage)
- Factor in changing lifestyle and health care expenses during course of retirement

INVESTMENT PLANNING

- Continue to diversify investments
- Monitor and reallocate investments to maintain diversification

RETIREMENT PLANNING

- Implement plans
- Establish appropriate withdrawal amounts, factoring in about 3-4% per year for inflation

WEALTH TRANSFER PLANNING

- Review and update estate planning documents to reflect your intentions
- Share wealth transfer plans with family and other beneficiaries
- Implement wealth transfer and philanthropic strategies
- Reevaluate gifting strategies
- Consider the emotional and financial benefits of establishing a funeral plan