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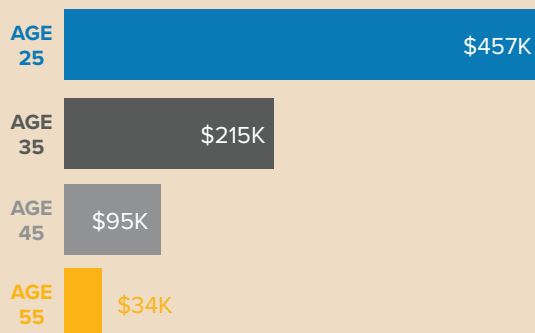
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What can you learn from your taxes?

We can all use every dollar we earn. When you overpay on your taxes throughout the year, though, you essentially give the government an interest-free loan. That's money you don't get to invest and use for yourself during the year. Did you know that the average income tax return in 2022 was \$3,039?¹ Have you considered what putting those dollars to work within your retirement savings plan could mean for you over time?

When you contribute an additional \$2,000 per year (equal to \$38.46 per week or \$166.67 per month) from these ages until age 65, here's how much more it could mean for you in retirement.



These examples assume a retirement age of 65, an annual investment of \$2,000, and an average annual return of 7% compounding once annually. These assumptions are meant for educational use and not a guarantee of future results.

Every pre-tax dollar you contribute reduces your taxable income by a dollar. As a result, you'll pay less in your current income taxes for the year because, in the eyes of the IRS, you've been paid less money. This can help reduce the impact to your overall take-home pay. You'll pay taxes on the contributions and earnings in the year the money is distributed, which could mean a lower tax bracket when you're older. This tax season, consider contributing more to your retirement now for the potential of a whole lot more later.

Source:

¹ IRS, 2022 Filing Season Statistics, May 2022

What's your money IQ?

If you are like many Americans, you either learned about money from others or by making financial mistakes growing up. You probably know some concepts like spending less than you make, but many of us fall short of the skills needed to confidently manage day-to-day finances and invest to grow money for the future

April is Financial Literacy Month. Financial literacy is the knowledge and application of various financial skills. It is essential to your whole health, wealth and well-being so you can provide for yourself now and in the future. Without basic money management, it's easy to get into financial confusion. Over time, that confusion can cost you. Voya's Financial Literacy Knowledge Center was developed to offer a wide range of topics to help increase your money knowledge so you can take the steps needed to make confident financial decisions.

Getting to where you want to go will depend on the choices you make today. Are you ready to learn more so you can better manage your money for life? Visit voya.com/page/voya-financial-literacy-knowledge-center for more information. Remember, it is never too late to plan, invest and protect your future. We want you to live well and retire well, so we encourage you to visit the knowledge center today to help master your money for life.

How to find the upside in a downturn

Even though we know it's important to stay informed about the world around us, the news can sometimes be too much. It's important to maintain a sense of order and overall well-being in life, no matter what's going on around us. So how do we find the upside in an economic downturn?

It's true that our money may not go as far as it did before inflation, but it doesn't have to impact your whole health and wealth. Maintaining a positive mindset during stressful times is a key to overall wellness. You can also:

1. Set aside quiet time to just breathe. Shut off your phone, clear your schedule, and then clear your mind.
2. Look for the good and think about what makes you grateful. Take stock in what you have instead of focusing on what you don't.
3. Make self-care the top priority for your health. Find ways to destress, nourish yourself, connect to others and build fun into your life. Then, turn to your wealth.
4. If you have debt, make a plan to get out of it. Not enough emergency savings? Save more to avoid future debt or to keep from raiding your retirement fund. Not sure how to change your money habits? Consider ways to cut expenses, earn more money and build a realistic spending and saving plan for yourself.

Economic uncertainty will always be around in some form. While you can't change what is happening in the world, you can change your response to it and build healthy habits in all areas of your life. For more tips and insight to help recession-proof your life and manage market downturns, visit [Voya's Navigating Market Volatility page at voya.com/page/navigating-market-volatility](https://voya.com/page/navigating-market-volatility).

Who's the apple of your eye?

It's important to designate beneficiaries for your account so that in the future your account can be distributed as you intend. Log in to your account at cosb.beready2retire.com to designate or update your beneficiary today!



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quarterly calendar

Transactions made on these dates when the New York Stock Exchange (NYSE) is closed will be processed the following business day that the NYSE is open:

Friday, April 7 *Good Friday*
Monday, May 29 *Memorial Day*
Monday, June 19 *Juneteenth National Independence Day*