



Wealth Management

Insights LIVESM

Withdrawal strategies for
retirement



Jim Armstrong

Director, Channel Marketing, Fidelity Investments

Jim leads the Interactive & Streaming Education Team, working to create engaging and entertaining content. Before coming to Fidelity in 2018, Jim distinguished himself as an Emmy-winning journalist, spending the first 17 years of his career as a television reporter for network affiliates around the country. He holds a Bachelor of Science in broadcast journalism from Boston University's College of Communication, a Master of Public Policy from Harvard University's John F. Kennedy School of Government, and a Master of Business Administration from the University of Rhode Island's College of Business Administration.



Rita Assaf

Vice President of Retirement Products, Fidelity Investments

Rita has more than 20 years of experience in the financial services industry with 12 years of experience with Fidelity, joining in 2011 through a Fidelity management rotational program and later moving into the Retirement space where she focused on building digital client experiences and launching Fidelity's direct to consumer HSA offering and overseeing our 529 College Savings Product. Currently, she oversees Fidelity's Retirement products. Rita earned her Bachelor of Arts degree from Boston University and a master's degree in business administration from Bentley University. She holds the Series 7, 63, 51 and 24 licenses.



Michelle Howell, CFP®

Vice President, Financial Consultant, Fidelity Investments

Michelle is a Vice President and Financial Consultant at Fidelity Investments and is based in our Edina, Minnesota investor center. She has worked for over 23 years in the securities industry to support clients and their families with wealth planning strategies. People choose to work with her for her integrity, proactive relationship management skills, and commitment to educating clients around both established and innovative new approaches to financial planning. Michelle started with Fidelity Investments in 2005 and has been a Vice President/Financial Consultant since 2009. She earned a bachelor's degree in sociology of law from the University of Minnesota. She is a CERTIFIED FINANCIAL PLANNER™ professional and a Chartered Financial Consultant®. She also has Insurance Licenses: Life, Health and Annuities and the Series 7, 63 and 65 registrations.



Christian Jeeves, CFP®

Regional Vice President, Fidelity Investments Life Insurance Company

Christian is a Regional Vice President with the Fidelity Investments Life Insurance Company supporting the Greater New England area. Christian specializes in helping Fidelity's advisors create confidence and peace of mind with their clients' financial plans. Christian joined Fidelity in 2004. Prior to assuming his current role, he was a Regional Planning Consultant for the New England region, and a Financial Consultant in the Park Avenue Investor Center located in New York City. Christian earned his bachelor's degree from University of New Hampshire, and holds an MBA from Bentley University in Waltham, Massachusetts. He has been a CERTIFIED FINANCIAL PLANNER™ since 2009.

To calculate RMDs, use the following formula for each account:

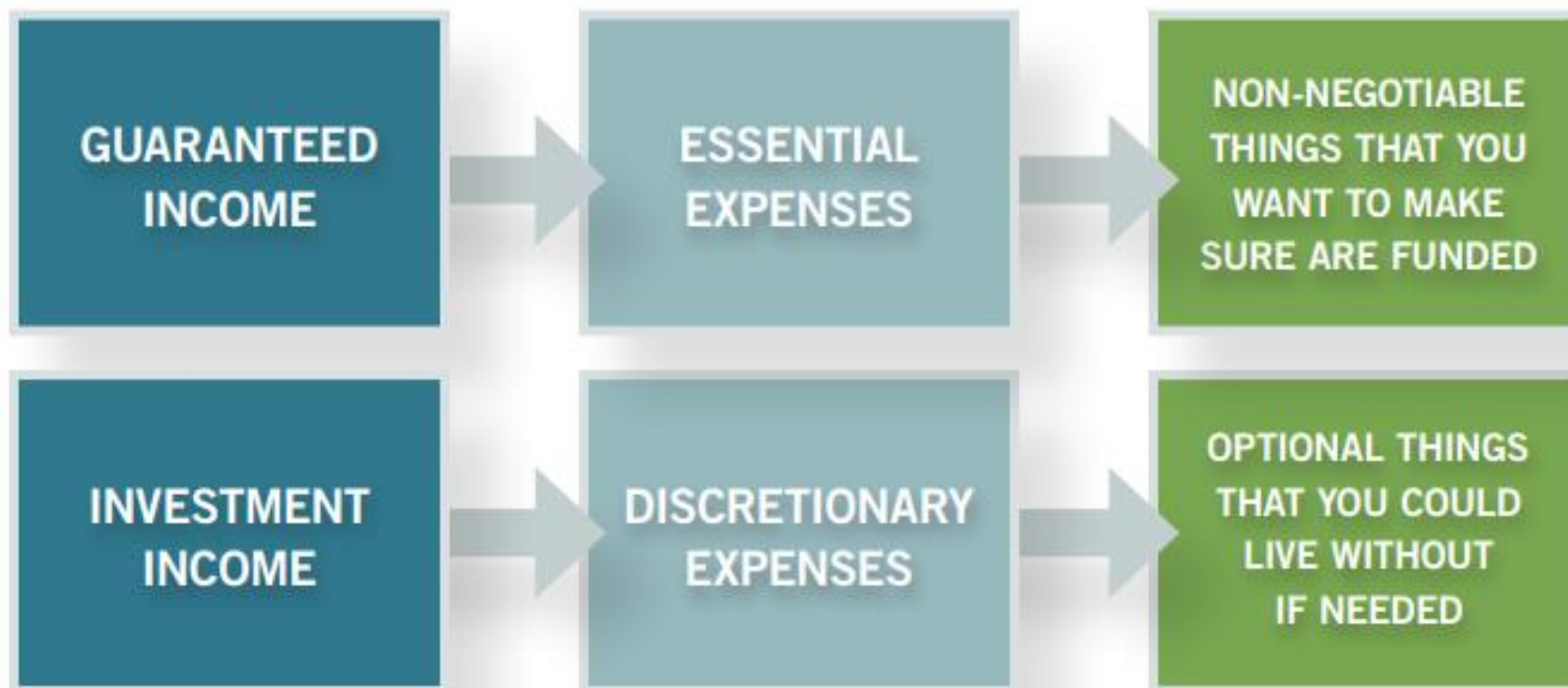
$$\begin{array}{l} \text{Account Balance} \\ \text{as of December 31 last year*} \end{array} \div \begin{array}{l} \text{Life Expectancy Factor} \\ \text{from the IRS**} \end{array} = \text{Your RMD}$$

*Adjust if you have assets that were in the process of being recharacterized, transferred or rolled over on December 31

**[IRS Uniform Life Expectancy Table \(PDF\)](#) can be used by all IRA owners, unless their sole beneficiary for the entire year is their spouse who is more than 10 years younger. In that case, the regular Joint Life Expectancy Table is used, which could reduce the RMD even further

Your plan for generating income in retirement should begin with determining how you will be spending your retirement years and how much it may cost.

To help you plan for the future, it's useful to link your different income sources to specific categories of anticipated expenses:



Once you understand what types of expenses you're likely to have in retirement, then you can start to build a plan where your sources of income would work together to help provide:

GUARANTEES
to help your retirement
plan succeed.

What guaranteed sources
of income are you expecting
in retirement (e.g., pensions,
annuities)?



GROWTH
potential to
meet your
long-term needs.

How are you investing
for growth potential
(e.g., stocks)?

FLEXIBILITY
to refine your plan
over time.

There is a balance
between flexibility and
efficiency, what's most
important to you?

Guaranteed Income Estimator

Use this tool to get a ballpark figure for your monthly income with a fixed-income annuity.

[Get Started](#)

Social Security Benefits Calculator

When you're ready to move from saving to living, a Social Security claiming strategy can help you maximize your benefit in retirement.

[Get Started](#)

RMD Calculator

Use this tool to calculate your RMD for the year.

[Get Started](#)

Retirement Income Calculator

We'll help you explore ways to see how much money you could have every month, using a mix of predictable income and savings.

[Get Started](#)

Roth IRA Conversion Calculator

Is converting to a Roth IRA the right move for you?

[Get Started](#)

Retirement strategies tax estimator

Many investors use tax planning strategies in a retirement income plan, both before and during retirement.

[Get Started](#)

Is a Roth IRA conversion right for you?

Before acting, take stock of your situation.

→ [Learn more](#)

Backdoor Roth IRA: Is it right for you?

A backdoor Roth IRA could benefit high-income earners.

→ [Learn more](#)

4 ways a Roth IRA may benefit your estate plan

Flexibility and potential tax savings for heirs.

→ [Learn more](#)

What's ahead for your RMDs

Make sure to take your required withdrawals this year, then start to plan ahead.

→ [Learn more](#)

Making sense of RMDs

Get the answers to frequently asked questions about RMDs.

→ [Learn more](#)

How to cut retirement income taxes

These strategies can help reduce taxes on retirement account withdrawals.

→ [Learn more](#)



Insights LiveSM: Ask Fidelity Anything on retirement income planning

Wednesday, November 20, 2024, 2:00pm – 2:45pm EST

In the last of a 3-part webinar series, we'll host a live "Ask Fidelity Anything" (AFA) to respond to viewer questions about retirement income planning.

→ [Register](#)

Insights LiveSM: Creating a retirement income plan

If you missed part 1 on this webinar series, you can watch it live now.

→ [Watch now](#)



Visit [Fidelity.com/Insights](https://www.fidelity.com/insights) for timely market news, wealth strategies, and events.

To receive full-service support about your specific situation, contact your dedicated advisor or go to

→ [Fidelity.com/FindAnAdvisor](https://www.fidelity.com/findanadvisor)

Investing involves risk, including risk of loss.

Annuity guarantees are subject to the claims-paying ability of the issuing insurance company.

Diversification and asset allocation do not ensure a profit or guarantee against loss.

Views expressed are as of 11/14/24, based on the information available at that time, and may change based on market or other conditions. Unless otherwise noted, the opinions provided are those of the speaker or author and not necessarily those of Fidelity Investments or its affiliates. Fidelity does not assume any duty to update any of the information.

This information is intended to be educational and is not tailored to the investment needs of any specific investor.

The CERTIFIED FINANCIAL PLANNER™ certification, which is also referred to as a CFP® certification, is offered by the Certified Financial Planner Board of Standards Inc. ("CFP Board"). To obtain the CFP® certification, candidates must pass the comprehensive CFP® Certification examination, pass the CFP® Board's fitness standards for candidates and registrants, agree to abide by the CFP Board's Code of Ethics and Professional Responsibility, and have at least three years of qualifying work experience, among other requirements. The CFP Board owns the certification marks <CFP®>, <CERTIFIED FINANCIAL PLANNER™>, in the U.S.

Fidelity does not provide legal or tax advice. The information herein is general and educational in nature and should not be considered legal or tax advice. Tax laws and regulations are complex and subject to change, which can materially impact investment results. Fidelity cannot guarantee that the information herein is accurate, complete, or timely. Fidelity makes no warranties with regard to such information or results obtained by its use and disclaims any liability arising out of your use of, or any tax position taken in reliance on, such information. Consult an attorney or tax professional regarding your specific situation.

Retirement Income Institute: GUARANTEED INCOME: A LICENSE TO SPEND, June 2024. https://www.protectedincome.org/wp-content/uploads/2024/06/RP-28_BlanchettFinke_v2.pdf

Generally, among asset classes stocks are more volatile than bonds or short-term instruments and can decline significantly in response to adverse issuer, political, regulatory, market, or economic developments. Although the bond market is also volatile, lower-quality debt securities including leveraged loans generally offer higher yields compared to investment grade securities, but also involve greater risk of default or price changes. Foreign markets can be more volatile than U.S. markets due to increased risks of adverse issuer, political, market or economic developments, all of which are magnified in emerging markets.

Interest rate increases can cause the price of a debt security to decrease. Increase in real interest rates can cause the price of inflation-protected debt securities to decrease. Interest payments on inflation-protected debt securities can be unpredictable.

Annuity withdrawals of taxable amounts will be subject to ordinary income tax, and, if taken prior to age 59½, a 10% federal tax penalty may apply.

Variable annuities have fees and charges and the expense of the underlying investment options. Investing in a variable annuity involves risk of loss - investment returns and contract value are not guaranteed and will fluctuate.

Deferred income annuity contracts are irrevocable, have no cash surrender value, and do not allow withdrawals.

Fixed annuities available at Fidelity are issued by third-party insurance companies, which are not affiliated with any Fidelity Investments company. These products are distributed by Fidelity Insurance Agency, Inc., and, for certain products, by Fidelity Brokerage Services, member NYSE, SIPC. A contract's financial guarantees are solely the responsibility of and are subject to the claims-paying ability of the issuing insurance company.

Fidelity advisors are licensed with Fidelity Personal and Workplace Advisors LLC (FPWA), a registered investment adviser, and registered with Fidelity Brokerage Services LLC (FBS), a registered broker-dealer. Whether a Fidelity advisor provides advisory services through FPWA for a fee or brokerage services through FBS will depend on the products and services you choose.

Effective March 31, 2025, Fidelity Personal and Workplace Advisors LLC (FPWA) will merge into Strategic Advisers LLC (Strategic Advisers). Any services provided or benefits received by FPWA as described above will, as of March 31, 2025, be provided and/or received by Strategic Advisers. FPWA and Strategic Advisers are Fidelity Investments companies.

****IMPORTANT: The projections and other information generated by eMoney Advisor regarding the likelihood of various investment outcomes are hypothetical in nature, do not reflect actual investment results, and are not guarantees of future results.** Results may vary with each use and over time.** eMoney Advisor is a diagnostic, Web-based tool owned and maintained by eMoney Advisor, LLC, a Fidelity Investments company.

The Fidelity Investments and pyramid design logo is a registered service mark of FMR LLC.

Fidelity Brokerage Services LLC, Member NYSE, SIPC, 900 Salem Street, Smithfield, RI 02917

© 2024 FMR LLC. All rights reserved.

1176390.1.0



Wealth Management

Visit [Fidelity.com/Insights](https://www.fidelity.com/insights) for timely market news, wealth strategies, and events.