



It's your time to build a better financial future.

Finances and wellness go hand-in-hand.

If you have ever lost a night's sleep worrying about your financial situation, you are not alone. In fact more than 6 in 10 people say financial stress is their most common cause of stress.*

But at AIG Retirement Services, we want that to change. That's why we are proud to help you improve your financial literacy.

Feeling confident about your finances begins with education. We invite you to check out the tools and resources below to boost your financial I.Q.

- **FutureFIT® University** – Interactive learning program that puts you in the driver's seat of your financial learning experience.
- **FutureFIT Calculator** – Find out if you're on track to save enough for the retirement of your dreams. Log in to your account and see how small changes today can improve your tomorrow.
- **Education Center** – Articles and interactive calculators geared toward your specific situation. Learn ways to save and invest.

* American Psychology Association, Stress in America (2018).

Let's build a better future, together.

We see the future in you.SM

CLICK aig.com/RetirementServices CALL 1-800-426-3753 VISIT your financial professional

Securities and investment advisory services offered through VALIC Financial Advisors, Inc. (VFA), member FINRA, SIPC and an SEC-registered investment adviser.

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