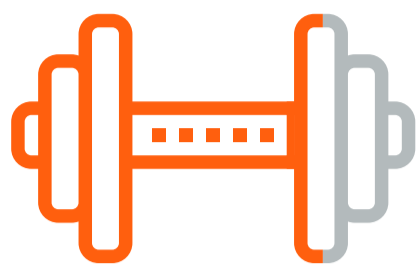
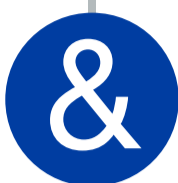


Retirement Redefined

According to a recent survey*, older adults say health is biggest factor to achieving goals in retirement

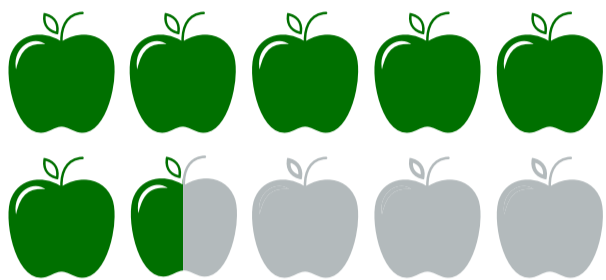


65% of older adults prioritize physical health



86% worry about falling ill or becoming hospitalized

As a Result



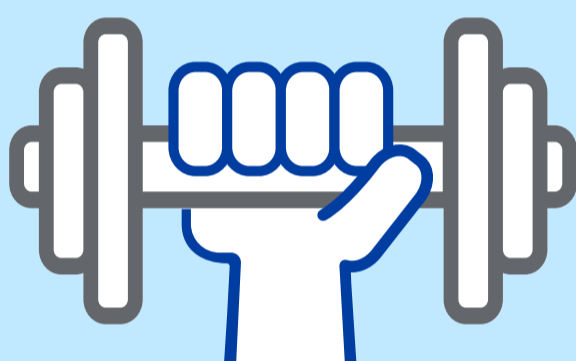
65% have made a change to feel healthier

This Includes

40% Diet changes



Fitness routines **34%**



11% Volunteer opportunities



56% Mental health improvements



Staying Engaged



On average, older adults attend 5 social gatherings per month



Of retirees who go back to work, 50% do so by choice, rather than need

Top Retirement Goals**

45%



Extended travel

38%



Fitness activities

26%



Community involvement

Learn more about how UnitedHealthcare can help support your retirement goals. Visit AdvantageUHC.com.