

Make the Most of Your Employer-Sponsored 401(k) Plan

Understand your Plan and how to get the most out of it.

	Before-Tax	Roth
Taxes	Reduces taxable income	Does not reduce taxable income
2025 Employee Limits	\$23,500 if under age 50 \$31,000 if age 50 and over	
Distributions	Distributions after age 59½ taxed as current income	Qualified distributions tax-free
Penalties	Prior to age 59½ subject to 10% early withdrawal penalty	
Rollovers	Eligible for rollover to Traditional or Roth IRA ¹	Eligible for rollover to Roth IRA

¹ If rolling over from a before-tax 401(k) to a Roth IRA, this would be considered a conversion and can create major tax implications.

How to Make the Most of Your 401(k) Plan?

Start early

Perfect your contribution strategy

Understand rollover options

Allocate your assets

Avoid borrowing

How Much to Save?

Goals



Lifestyle
+
Retirement Age
+
Life Expectancy

Your Plan



Strategy
+
Saving Early
+
Health Care Costs

Investing



Asset Allocation
+
Appropriate Risk
+
Realistic Expectations

Experts typically suggest saving at least 10-15% or more

Help Options

Financial Education Center

Financial Health

Online Advice

Professional Management

Benefits website: www.CatBenefitsCenter.com
Benefits Center: 877-228-4010 Mon-Fri, 8AM – 6PM CT

Information here is provided solely to supplement the Make the Most of Your 401(k) presentation. This information should not be considered advice, and your information may warrant consideration of other alternatives. Please speak with your financial advisor and/or tax advisor.

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