

Your retirement income

How it adds up



Provided by New York Life

New York Life
401(k) Savings Plan

Nylic
Retirement
Plan*

Other New York Life retiree
benefits, such as medical and
life insurance, if eligible



Social Security



Personal

Savings and retirement plan
from other employers, including
your spouse's employer(s)

Savings, assets, and
other life insurance



Your income and benefits in retirement

*If you were contracted prior to January 1, 1991 and meet the criteria for a "Best of Both Worlds Participant" described in the Summary Plan Description of the Nylic Retirement Plan, then your retirement benefit is calculated differently than what's described on this site. If this applies to you, you can learn about your retirement benefit on Your Benefits Resources (YBR) at <http://digital.alight.com/newyorklife>.

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