

# How can an annuity help me?

Retirement should be carefree — but as it approaches, many people find the thought of maintaining and possibly running out of money over time stressful.

Enter annuities. These financial instruments provide you with a guaranteed income stream, either for a fixed length of time or for the rest of your life, depending on the annuity you choose.

As traditional pensions become rare and we are living longer and healthier lives, people are increasingly seeing the appeal of the guaranteed income that an annuity can provide. In fact, 1 in 5 people say they own an annuity.<sup>1</sup>

Here are some things that annuities offer you:

**Retirement certainty.** Instead of worrying about whether a lump sum will last through market volatility, millions of Americans are using annuities to provide stable payments they can count on for as long as they live.

When used in conjunction with other retirement planning tools and strategies, annuities can help you form a solid financial base for your retirement and a sense of control over your financial future. Numerous studies show that retirees who own an annuity report higher confidence in their ability to live the lifestyle they want.

**Income that's easy to manage.** Many retirees have managed household finances their entire lives with regular monthly paychecks. For many, it's easier to receive predictable, guaranteed monthly income than be responsible for converting a lump sum into lifetime income themselves.

**Other benefits.** Annuities offer other advantages as well. For instance, [deferred annuities](#) allow you to accumulate money on a tax-favored basis during your working years.

<sup>1</sup> [2021 Insurance Barometer Study by Life Happens and LIMRA](#)