

5 Retirement Risks That Could Threaten Your Income

A plain-English guide for pre-retirees and retirees who want more protection, more clarity, and more control over the money they worked hard to build.

INSIDE: Market loss - Inflation - Taxes - Health events - Longevity

Your retirement deserves more than hope. It deserves a plan.

A Better Retirement Question

Most retirement conversations start with: "How much have you saved?" That question matters, but it is not enough.

A stronger question is: "How much of your retirement income is protected from the risks that could interrupt it?"

Retirement is not just about having a large account balance. It is about turning that balance into dependable income, managing risk, and protecting your choices for as long as you live.

Income is the outcome. Protection is the strategy.

This guide will walk you through five common retirement income risks and help you identify where your current plan may need more protection.

Use this guide as a conversation starter, not a final diagnosis. The right strategy depends on your age, assets, goals, health, tax situation, income needs, and how much liquidity you want to keep available.

What you will learn:

- Why market loss can hurt more after age 50
- How inflation can quietly reduce your lifestyle
- Why taxes may change the amount you actually keep
- How health events can disrupt even strong retirement plans
- Why living longer creates a new kind of income risk

**Need help reviewing your retirement income strategy?
Schedule a complimentary Retirement Income Review
with Wealth Companions.**

Risk #1: Market Loss at the Wrong Time

A market downturn is painful at any age, but it can be especially damaging near or during retirement. When you are still working, you may have time to recover. When you are retired and taking withdrawals, losses can have a larger impact on your income plan.

Why it matters:

- You may be forced to withdraw from accounts while they are down.
- A major loss may delay retirement or reduce your monthly income.
- Emotional decisions during downturns can lead to permanent mistakes.

Ask yourself: If the market dropped sharply right before or right after I retired, would my income plan still work?

Potential protection conversation: Consider whether a portion of your retirement assets should be positioned for principal protection and predictable income rather than full market exposure.

Risk #2: Inflation Eroding Your Buying Power

Inflation does not always feel dramatic in one month, but over years it can reduce what your retirement income can buy. Groceries, utilities, housing, insurance, medical costs, and everyday expenses may all rise while your income stays flat.

Why it matters:

- A retirement income amount that feels comfortable today may feel tight later.
- Keeping too much money idle may reduce long-term purchasing power.
- Income planning should consider both safety and growth potential.

Ask yourself: If my monthly expenses increase over time, where will the extra income come from?

Potential protection conversation: Review whether your plan has enough growth potential, flexibility, and income design to help address rising expenses.

Risk #3: Taxes Reducing What You Keep

Many retirement accounts are tax-deferred, which means taxes are postponed, not erased. When you begin withdrawing money, taxes may affect how much spendable income you actually receive.

Why it matters:

- A large account balance does not equal the amount you can spend.
- Future tax rules and personal tax brackets may affect retirement income.
- Poor withdrawal planning can create avoidable pressure.

Ask yourself: Do I know how much of my retirement income may be taxable, and in what order I should use my accounts?

Potential protection conversation: Coordinate your retirement income strategy with a qualified tax professional and financial professional so you are not guessing at withdrawal time.

Risk #4: Health Events and Long-Term Care Pressure

A health event can interrupt retirement plans quickly. Even families with savings can feel the pressure when care needs, medications, home modifications, or family caregiving responsibilities increase.

Why it matters:

- Medical and care-related expenses can reduce income flexibility.
- A spouse or adult child may be pulled into caregiving duties.
- A plan that ignores health risk can leave the family reacting instead of preparing.

Ask yourself: If a major health event happened, would my income plan protect both me and my family?

Potential protection conversation: Review whether your retirement plan includes strategies for care costs, survivor income, emergency liquidity, and protection features.

Risk #5: Outliving Your Money

Living a long life is a blessing. Financially, it also means your income may need to last 20, 30, or even 40 years. The risk is not simply dying too soon. The risk is living long enough to drain your assets without a dependable income plan.

Why it matters:

- Retirement can last longer than expected.
- Withdrawals without a lifetime income strategy can create uncertainty.
- A surviving spouse may need income protection after the first spouse passes.

Ask yourself: What income do I have that is designed to continue no matter how long I live?

Potential protection conversation: Explore whether a lifetime income strategy, including an annuity option, may help create a more dependable retirement paycheck.

Retirement Income Risk Scorecard

Check each statement that feels true for you. The more boxes you check, the more important it may be to review your strategy.

Risk Area	Check if this describes you
Market Loss	<input type="checkbox"/> I am worried a downturn could reduce my retirement income.
Inflation	<input type="checkbox"/> I am not sure my income will keep up with rising expenses.
Taxes	<input type="checkbox"/> I do not know how much of my retirement income may be taxable.
Health Events	<input type="checkbox"/> I do not have a clear plan for major care-related expenses.
Longevity	<input type="checkbox"/> I am concerned about outliving my savings.
Income Gap	<input type="checkbox"/> I have savings, but I do not have a clear retirement paycheck strategy.

If you checked two or more boxes, do not panic. It simply means your retirement deserves a more intentional income conversation.

Protection does not mean you stop growing. It means you stop leaving every dollar exposed to the same risk.

Where Fixed Index Annuities May Fit

A Fixed Index Annuity is not the answer for everyone, but it can be a powerful tool for the right retirement income problem.

A Fixed Index Annuity is an insurance product designed to provide principal protection from market loss, tax-deferred growth potential, and optional income features. Interest may be credited based in part on the performance of a market index, but your money is not directly invested in the stock market.

It may be worth exploring if you want:

- Protection from market losses on a portion of your retirement assets
- Growth potential without direct stock market exposure
- A strategy to create income you cannot outlive
- More predictability as you approach or enter retirement
- A way to reposition qualified retirement funds, when appropriate

Important note:

An annuity should be evaluated based on your full situation. Product terms vary. Surrender schedules, riders, fees, caps, participation rates, spreads, liquidity provisions, and income options should be reviewed before making a decision.

Next step: Request a Retirement Income Review to see whether a Fixed Index Annuity may fit your goals.

Your Retirement Deserves a Plan

You do not have to gamble with the money you worked decades to build.

The goal is not to scare you. The goal is to help you see the gaps before they become emergencies.

During a complimentary Retirement Income Review, we can look at:

- Where your retirement money is currently positioned
- How much market risk you are taking
- Whether you need income now or later
- How a rollover or transfer may work, if appropriate
- Whether an annuity strategy could help protect part of your income plan

Schedule Your Complimentary Retirement Income Review



Glenda Warren

Licensed Insurance Broker

Glenda Warren is a Licensed Insurance Broker and the founder of Wealth Companions. She helps pre-retirees, retirees, and families protect what they have built, position assets more intentionally, and create strategies for retirement income, life insurance, and legacy planning. Her approach is educational, practical, and focused on helping clients move with more clarity, confidence, and control.

Website: www.wealthcompanions.com

Phone: 901-609-4747



Fixed Index Annuities are insurance products and are not direct investments in the stock market. Guarantees are backed by the claims-paying ability of the issuing insurance company. Product features, riders, fees, surrender charges, caps, participation rates, spreads, withdrawal provisions, and income options vary by product and carrier. Withdrawals may be subject to taxes, penalties, or surrender charges. This material is for informational purposes only and should not be considered tax, legal, or investment advice. Consult with a qualified professional before making financial decisions.