



# Don't sweat about your future.

Strengthen your pension with our three-step training plan.

**1** **STRETCH**  
STRETCH  
STRETCH  
STRETCH  
STRETCH

**Stretch your mind back**  
to any past employers  
or pensions.

**2** **CHECK**  
CHECK  
CHECK  
CHECK  
CHECK

**Check your form** by logging  
into your pension accounts to  
see how much you've got.

**3** **WORK OUT**  
WORK OUT  
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WORK OUT  
WORK OUT

**Work out how much**  
**you might need** for  
your future.

## Do you know where all your pension savings are?

You may well have more than one pension from your working life. There are billions of pounds out there in lost pension money... could some of that be yours, and go towards your pension pot?

To get started visit:  
[gov.uk/find-pension-contact-details](http://gov.uk/find-pension-contact-details)

## Do you know how much you currently have in your pension?

Find out your total current savings in any private pensions and then find out your likely retirement income.

[moneyhelper.org.uk/en/pensions-and-retirement/pensions-basics/pension-calculator](http://moneyhelper.org.uk/en/pensions-and-retirement/pensions-basics/pension-calculator)

## What are your dreams for the future?

Do you know what income you might need in retirement? By taking some simple steps today, you can face your future with confidence.

[retirementlivingstandards.org.uk](http://retirementlivingstandards.org.uk)

Find out more at [pensionattention.co.uk](http://pensionattention.co.uk)

AVIVA

Fidelity

L&G

NatWest  
cushion

nest

people's  
pension

Pru  
part of M&G plc

ROYAL  
LONDON

SCOTTISH WIDOWS

Standard Life  
Part of Phoenix Group

Vanguard