



# *Simplify Your Life –* **Consolidate Your Assets**

**It** SEEMS AS IF WE'RE BUSIER THAN EVER, ACCUMULATING MORE AND MORE TASKS, RESPONSIBILITIES AND THINGS. FOR MANY OF US, THOSE *THINGS* MAY INCLUDE A COLLECTION OF RETIREMENT ACCOUNTS THAT HAVE MULTIPLIED OVER THE COURSE OF OUR LIVES AS WE'VE CHANGED JOBS OR MADE NEW FINANCIAL DECISIONS.

**If you have more than one retirement account – such as another 401(k) or an individual IRA – now may be a good time to roll all your qualified assets into your current employer's plan with Mutual of Omaha.**

You'll have all your retirement investments in one easy-to-manage place with a company you know and trust. And you'll be able to more easily track your progress and make adjustments as needed.

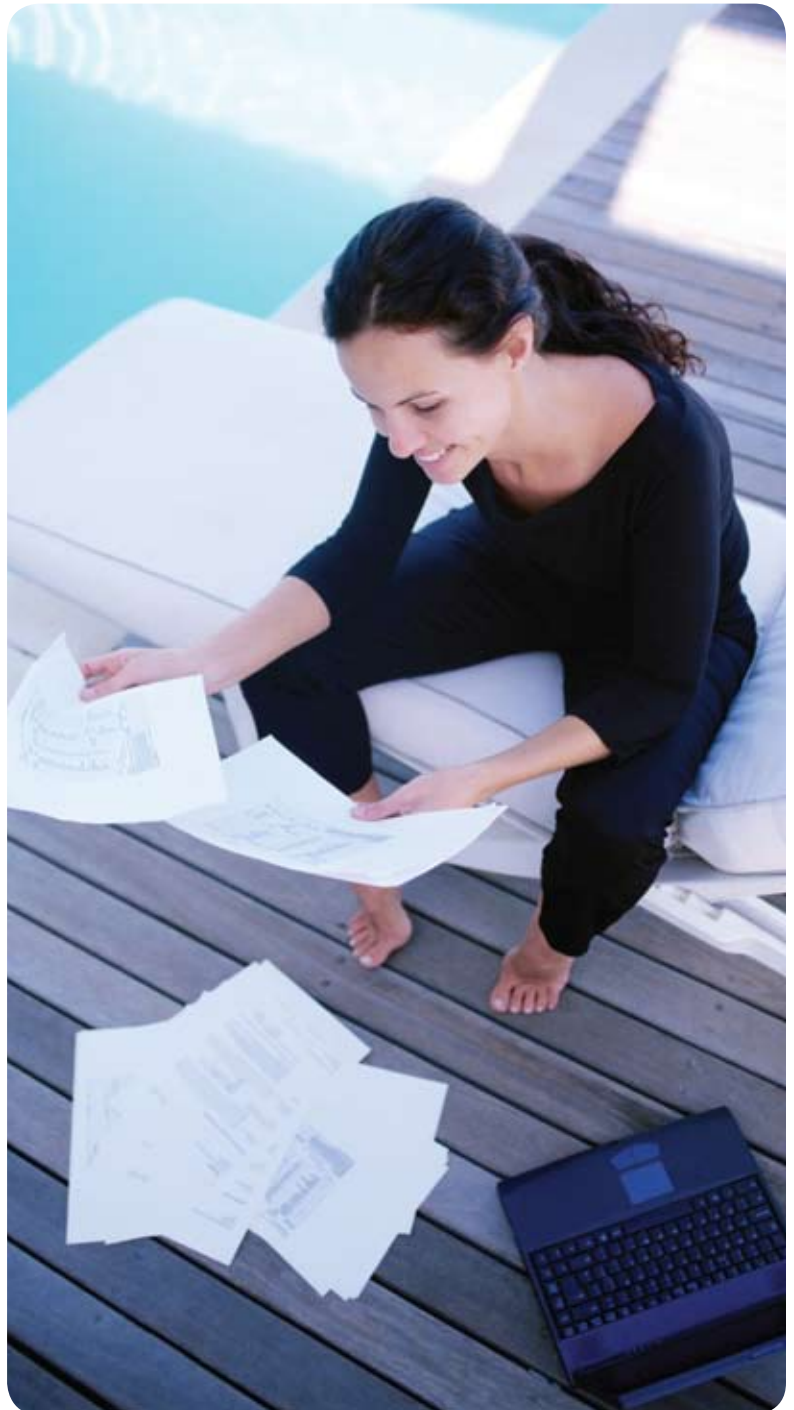
It's easy to do. A rollover is **typically a two-part process** – you need one form to move your money from its existing location and one form to incorporate it into your new retirement plan.

**1** First, **request a distribution form** from your previous employer or IRA provider to let them know you'll be moving your investment(s) to another account. **Complete and return the form to them.**

**2** Next, **request a rollover form** from your current employer. You will need to complete **one for every retirement plan balance** you want to move into your 401(k). Be sure to have your **company's plan administrator sign it**. Then **send it to us** and we'll do the rest!

Consolidating all your retirement accounts is a way to simplify your finances and your life\*. And it can help you keep on track to reach your retirement savings goals.

*\*401(k) plans may have different rules and restrictions than your other retirement accounts, especially regarding withdrawals. Please refer to your specific plan for details.*



# Should I Stop Contributing to My 401(k) and *Focus on Reducing My Debt?*

Opening your quarterly 401(k) statement and seeing a sizeable balance can make it tempting to cash it in and put it to use by whittling down credit card or other debts. **While this can seem like an attractive option, investment advisors strongly caution against it, even in a poor market.**

As financial expert Suze Orman mentions in her 2007 book, “The Money Book For the Young, Fabulous and Broke,” if you stay invested in funds that make sense for you, and continue to make regular contributions into those funds, as the market goes down your dollars buy more shares. **The more shares you have, the more money you have the potential to make.**

What Orman is talking about is called **dollar-cost averaging\***. It’s an economic term that means **investing a fixed amount of money at regular intervals, potentially resulting in a lower cost per share over the long term.** As the market fluctuates, so does the cost per share of your investments. Some months, the price is higher. Some months, lower. Right now you may be

buying shares at “sale” prices, effectively buying more shares than you would have been able to a few years ago.

It’s important to keep contributing to your 401(k). If you’re struggling with debt, **your 401(k) should be the last place you look for extra cash.** Talk to a financial planner to **develop a plan that will help you get out of debt while still saving for retirement.** Investing in your retirement should be just as much a priority as paying off debt.

It’s also a good idea to **consider building a six-month emergency fund** to get you through rough periods – which is when debt problems usually start. Unexpected car or home repairs can take you by surprise and put you in a financial bind. **A six-month emergency fund can help cushion the impact** from these and other expenses you hadn’t anticipated **without forcing you to reach for your credit cards.**

*\*Dollar-cost averaging cannot guarantee a profit or protect against loss in a declining market.*





## What's Your Level of Risk Tolerance?

The recent downturn has made some investors think twice about their investment choices. Dramatic gains in the marketplace can be exhilarating, but when the pendulum swings the other way it can be unnerving, to say the least.

It's time for a gut check. Are you as an aggressive or an investor as you thought? Or are you really a bit more conservative? Now could be a good time to reexamine your tolerance for risk and adjust your investment strategy accordingly.

While most experts suggest **you likely will need to invest a greater share of your retirement assets in stock funds** while you're trying to build your nest egg, make sure you're **comfortable with the level of risk** that accompanies that strategy. If you think it's time to trade in some of your stock funds for a few more conservative options, you may want to **consider adding some bonds, stable value and guaranteed account funds** to your portfolio.

If you're like many investors and are unsure about what investments are right for you, **talk to a financial advisor**. He or she will be able to help you accurately assess your risk tolerance and **develop an overall investment strategy** to help you reach your goals.

## When it Comes to Credit, *There's Always Room for Improvement*

The advent of the magnetic stripe – that black strip you find on the back of your credit and debit cards – has made it easier than ever to pay for the things we want and need. With just a flick of the wrist, we've bought a new bed, paid our utility bill or secured prime football tickets.

It can also expose us to a wide variety of fraudulent schemes and situations that can have damaging consequences which can last for years if we're not careful. **Identity theft is a very real threat, and it's one that requires constant vigilance.**

That's why it's a good idea to keep an eye on your credit. Simple things, like **examining your monthly statements, paying your bills on time, even calling credit card companies to ask for a lower rate** can all help you **raise your credit score and lower your expenditures.**

The Fair Credit Reporting Act states that **each consumer is eligible to receive a free credit report each year** from the three major reporting agencies: TransUnion, Experian and Equifax. And unlike the fine print in some of those television ads, **the reports are indeed free.** You can learn more about the reports and request copies at [annualcreditreport.com](http://annualcreditreport.com).



# How Frequent Traders Affect Other Investors

## MUTUAL OF OMAHA TAKES STEPS TO CURTAIL FREQUENT TRADING

Saving and investing for retirement is a long-term endeavor for most of us. With a long-term view in mind, we tend to invest with a long-term perspective. Frequent traders on the other hand, tend to take a very short-term view. They try to profit by moving money in and out of funds very quickly. Frequent traders often make multiple trades within a short period of time as they attempt to “time the market.”

What’s wrong with using a frequent trading or market timing strategy? First, it is seldom a winning strategy for those who employ it. Predicting short-term market movements successfully over a long period of time is a long shot at best. Second, and more importantly, frequent trading drives up trading costs for the investment managers. These additional costs reduce the funds’ performance which directly impacts all investors.

Most investment funds have trading restrictions to limit frequent trading activity. Mutual of Omaha is taking steps to protect you from the detrimental impact of frequent traders and to comply with fund trading restrictions. In an effort to deter market timing, Mutual of Omaha has implemented procedures to monitor frequent trading. If a participant is deemed to be engaging in frequent trading, a letter informing them of our findings will be sent to the participant. If frequent trading continues, we will take steps to enforce fund trading restrictions.

These rules are in place to protect you and other investors. Of course, keeping an eye on your investments and their performance is part of being a smart and responsible investor. We understand this, and encourage you to monitor your progress in reaching your investment goals. One technique many investors use to stay on track is the automatic rebalancing of their investment portfolio. Transactions made utilizing this feature in Mutual of Omaha plans are exempt from frequent trading rules.

Saving successfully for retirement requires a long-term strategy, and our retirement plans have been designed specifically to help you achieve your long-term savings goals. Contact your plan administrator to learn more about this and other aspects of your retirement plan.



## Confused? Worried? Have More Questions?

Contact your plan administrator to learn more about your 401(k) plan, how it works and what your investment options are. Also consider consulting a good financial advisor. They’re not just for the wealthy, and they can help you design an overall strategy that’s right for you.

### MUTUAL of OMAHA’S CONTRIBUTIONS

For informational purposes only. Should not be construed as legal or investment advice, a promise of benefit or guarantee of investment performance.