

ATTENTION ALL BABY BOOMERS

(Defined as folks born between 1951-1969)

If you're like me, you finally had a moment where you looked in the mirror and realized that you're not young anymore. You might have even gotten an AARP card in the mail as a reminder! Well like it or not, you're not getting any younger and hopefully you've made some provisions for yourself and your family as you approach the twilight of your working years.

Without getting too philosophical, I'd like to share some information with you that may prompt some action on your part that will help you in your planning.

First let me talk about the most important item and that's your health. All of the financial planning you've done in the past in terms of 401k and other retirement plans are not much good if you're not there to enjoy them.



When we we're younger we all thought to some extent we were invincible. We always found time and energy to exercise, our metabolisms were faster, and we healed quicker than we do now. Well, now that we're older the first thing that has to happen is we need to get a reality check on our health. A perfect way to do this is to go to the CIGNA website and take about 20 minutes to do a health assessment. This assessment asks some questions regarding your current physical condition, family history, and lifestyle and makes a very accurate assessment of your health. You should then take that assessment to your family doctor and get a complete physical. Hopefully, you won't have any conditions that will require treatment or medication. Here's the best reason to do the assessment & physical: If there is something wrong, the earlier it can be treated the better it is for you.

Your good health is a major component in your retirement plans and now is the time to begin to monitor and manage your general health and wellness.

A couple facts:

A smoker will on average live approximately 12 years less than a non-smoker.

If current trends continue, TYPE 2(insulin shots) diabetes will become the number one health issue in the US within 8-10 years.



Take care of your health today. Take advantage of the CIGNA website as it can provide you with a great detail of health information.

Retirement health costs of an unhealthy person can easily tap and decimate a lifetime of financial planning.

GO TO:

WWW.CIGNA.COM