



Your pension is a key part of your future, so it's important to stay up to date with it. With our pension newsletters, we want to help you understand your pension so you can make more informed decisions.

In this edition we let you know how you can plan and prepare for your future retirement and cover the options available when accessing your pension pot.

## It's time to face the future and pay your pension some attention

We're proud to support the #PensionAttention campaign to help people like you to reconnect with your pension savings, and help you plan and prepare for your future retirement.

Find out how you could **Face Forward** and plan your retirement with these with these three simple steps:







Do you know where all your pension savings are?

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

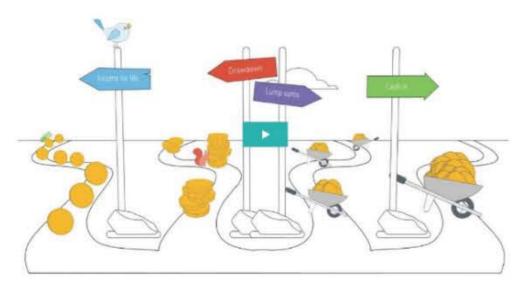
What are your dreams for the future?

See our **Pension Attention page** for useful tips, articles, tools and calculators to help you face the future and give your pension some attention.

## Your options for taking money from your pension pot

You can access the money in your pension pot from age 55 (57 from 6th April 2028) and you have a number of options available to do so.

We've put together a short video that gives a simple introduction to the options available - take a look below:



When thinking about taking your money, we recommend you take advice from your financial adviser or get guidance. If you don't have an adviser, please visit mandg.com/pru/customer/financial-advice/find-adviser to find one.

If you're aged 50 or over, we recommend you use Pension Wise, a government service from MoneyHelper that offers free, impartial guidance to help you understand your options at retirement. Visit moneyhelper.org.uk/pensionwise for more information or call them on 0800 280 8880 to book an appointment.

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