

## PREPARATION

### Five Years Before Retirement

#### 1 Assess Your Current Financial Situation

- Estimate your retirement income (pensions, savings, investments).
- Evaluate expected retirement expenses (housing, leisure, healthcare).
- Consult a financial advisor to optimize your strategy.

#### 2 Maximize Contributions to Retirement Accounts

- Aim to contribute the maximum to your RRSPs and other retirement plans.

#### 3 Check Eligibility for Government Pensions

- Confirm eligibility for Old Age Security (OAS) and the Québec Pension Plan (QPP).

#### 4 Reduce or Eliminate Debt

- Establish a plan to reduce debts (mortgage, loans, etc.) before retirement.

#### 5 Tax Planning

- Review tax strategies to minimize taxes during retirement (income splitting, converting RRSPs to RRIFs).

#### 6 Health and Disability Insurance Planning

- Review current health coverage and consider additional insurance if needed.

#### 7 Develop Post-Retirement Activities

- Think about life projects, hobbies, or volunteer activities.



### Starting to invest is easy!

Open an account online at [ferique.com](https://ferique.com) or contact the Advisory Service of FÉRIQUE Investment Services.

T 514 788-6485

Toll-free 1-800-291-0337

Monday to Thursday, 8 a.m. to 8 p.m.

Friday, 8 a.m. to 5 p.m.

## TRANSITION

### At the Time of Retirement

- |                               |  |
|-------------------------------|--|
| 1 Confirm Receipt of Pensions | • Ensure that your income (QPP, OAS, private plans) is being paid as expected. |
| 2 Adopt an Adjusted Lifestyle | • Gradually adapt your lifestyle to your new retiree budget.                   |

## BALANCE

### Five Years After Retirement

- |  |  |
|--|--|
| 1 Monitor Your Financial Plan              | • Regularly reassess your budget and investments to ensure long-term sustainability.           |
| 2 Maintain Good Physical and Mental Health | • Prioritize health through regular physical activity and social interaction.                  |
| 3 Adjust Expenses if Necessary             | • Modify spending based on new priorities or income changes (e.g., start of RRIF withdrawals). |
| 4 Estate Planning                          | • Update your will and estate plan as needed.  |

## FINAL ADJUSTMENT

### One Year Before Retirement

- |                                   |   |
|-----------------------------------|---|
| 1 Review Your Retirement Budget   | • Adjust expense estimates according to finalized plans.  |
| 2 Begin Administrative Procedures | • Check with your advisor when to apply for OAS and QPP.<br>• Plan the conversion of RRSPs to RRIFs and prepare your withdrawal strategy. |
| 3 Review Insurance Coverage       | • Ensure adequate coverage for health, surviving spouse, and other needs.   |

The information contained herein comes from sources that we believe to be reliable; however, we do not offer any guarantees regarding this information and it may be incomplete. Consultation with certain professionals and specialists is recommended for certain aspects mentioned in the document.

(2026-01)