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**Market Sense**

The latest headlines, the current market conditions,  
and what it all means for you.



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# Jurrien's road cycling analogy for recession investing



# Jurrien's parents





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<sup>1</sup> CNBC 7/24/23 <https://www.cnbc.com/2023/07/23/stock-market-today-live-updates.html>

<sup>2</sup> *Estimate based on a single person/couple retiring in 2023, 65-years-old, with life expectancies that align with Society of Actuaries' RP-2014 Healthy Annuitant rates projected with Mortality Improvements Scale MP-2020 as of 2023. Actual assets needed may be more or less depending on actual health status, area of residence, and longevity. Estimate is net of taxes. The Fidelity Retiree Health Care Cost Estimate assumes individuals do not have employer-provided retiree health care coverage, but do qualify for the federal government's insurance program, Original Medicare. The calculation takes into account cost-sharing provisions (such as deductibles and coinsurance) associated with Medicare Part A and Part B (inpatient and outpatient medical insurance). It also considers Medicare Part D (prescription drug coverage) premiums and out-of-pocket costs, as well as certain services excluded by Original Medicare. The estimate does not include other health-related expenses, such as over-the-counter medications, most dental services and long-term care.*

<sup>3</sup> How to manage your retirement asset allocation | Tips for planning during inflation and possible recession | Fidelity <https://wwwxq1.fidelity.com/learning-center/personal-finance/retirement-asset-allocation>

<sup>4</sup> Source: What are annuities and how do they work? (fidelity.com) <https://www.fidelity.com/learning-center/personal-finance/retirement/what-is-an-annuity>

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It is not possible to invest directly in an index.

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