# At Sun Life, you have options

**Here are all the products you can save with. Use them on their own, or combine them to make them work for you!**

## Are you saving for retirement, a new home, or just putting money aside for a rainy day? Your employer gives you several different products to save with for a bright financial future:

- Defined Contribution Pension Plan (DCPP)
- Registered Retirement Savings Plan (RRSP)
- Tax-Free Savings Account (TFSA)
- Non-Registered Savings Plan (NREG)

Take a few minutes to understand your workplace plan. Each saving option helps you reach your financial goals differently. But, together, they put you on track toward financial security.

| Defined Contribution Pension Plan | Tax-Free Savings Account |
|---|---|
| A DCPP is made for retirement saving. | A TFSA is good for all kinds of saving goals. |
| Use it to build your retirement savings faster, with employer contributions. | Use it for big long-term purchases, like buying a house or retirement. Or, also use it for smaller, short-term goals, like a vacation, or a car. But there is a limit to how much you can save in a TFSA. |
| If you contribute, DCPP contributions generally lower your taxable income. Plus your contributions and investment growth are only taxed once you take your money out. But there is a limit to how much you can save in a DCPP. And DCPP contributions (both yours and your employer's) lower your RRSP limit for the next year. | Contributions are after tax, but you never have to pay tax on your investment income. Plus, take your money out whenever you want. |

| Registered Retirement Savings Plan | Non-Registered Savings Plan |
|---|---|
| An RRSP is mostly for retirement savings. | An NREG is good for all kinds of saving goals. |
| Use it for larger savings goals, like buying a home or going back to school. The Home Buyers' Plan and Lifelong Learning Plan let you use RRSP money for these purchases and then pay it back later. | Use it for big, long-term purchases, like buying a house or retirement. Or, use it for smaller, short-term goals, like a vacation, or a car. |
| RRSP contributions can generally be used to lower your taxable income. Plus your contributions and investment growth are only taxed once you take your money out. But there is a limit to how much you can save in an RRSP. | Contributions are after tax, and there's no limit on how much you can save. Plus, take your money out whenever you want. |



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## Here's a detailed comparison of the DCPP, RRSP, TFSA and NREG.

| | DCPP | RRSP | TFSA | NREG |
|---|---|---|---|---|
| Will contributions from my pay lower how much tax is withheld? | Yes. Contributions from your pay are before tax. | Yes. Contributions from your pay are before tax. | No. TFSA contributions are after tax. | No. NREG contributions are after tax. |
| Are there contribution limits? | Yes. The limit changes each year, but your employer keeps track of this for you, so you won't go over. | Yes. The limit changes each year, and it's up to you to know and keep track of your limit.<br>Add any contribution room you didn't use in previous years. Keep in mind, when you withdraw money, you lose the contribution room for good.<br>You also share your limit with all RRSPs you have in your name. Check your most recent *Notice of assessment* from the Canada Revenue Agency (CRA) for your RRSP limit. Or use the CRA's **My account for individuals** service on **Canada.ca** to check your limit. | Yes. The limit changes from time to time, and it's up to you to know and keep track of your limit.<br>Add any contribution room you didn't use in previous years. One perk of the TFSA is if you take money out, you get the contribution room back in the following year.<br>You also share your limit with all TFSAs you have in your name. Use the CRA's **My account for individuals service** on **Canada.ca** to check your limit. | No. This is useful if you've reached your limits in your other products.<br>Simply take the savings and put them in the NREG for the rest of the year. You'll continue to save without the penalties of going over your limit in the other products. |
| Do I pay tax on what my investments earn? | Any investment growth stays tax-free in the DCPP until you use the money for a retirement income. | Any investment growth stays tax-free in the RRSP until you take the money out. | No, any investment growth is tax-free. | Yes, you'll be taxed each year on your investment income and capital gains. Capital losses can be used to offset your capital gains. We suggest working with a financial advisor to make the most of your capital gains and losses. |
| Am I taxed when I withdraw money? | Yes, but keep in mind DCPP money generally must be used in retirement as income. | Yes, unless it's for the Home Buyers' Plan or the Lifelong Learning Plan and you pay the amount back. Tax will be withheld from your withdrawal and you may need to pay additional tax when you do your taxes. | No, your withdrawals are tax-free. | No. Since your contributions are after tax, there is no tax withheld when you take money out. Withdrawals may trigger a capital gain or loss which will be tax reported to you. |
| Are there any age limits? | Yes, you must stop contributing and move your money out of your DCPP by December 31 of the year you turn 71. | Yes, you must stop contributing to your RRSP money by December 31 of the year you turn 71. (Or the year your spouse turns 71 for a spousal RRSP.) | Yes, you need to be at least 18 to contribute. Invest in TFSAs at any age after that. So this is a good option if you are over 71. | Save with an NREG at any age. So this is a good option if you are over 71. |
| Can I make one-time contributions? | No. Consider contributing to one of your other products instead. | Yes. Set up one-time contributions on **mysunlife.ca**, through the **my Sun Life mobile app** or by calling us. | | |
| Can I bring in my savings from somewhere else? | This depends on your employer.<br>Contact us to find out. | Yes. Move money from other financial institutions into your workplace plan. It helps make taking care of your savings easier and you could save on fees too.<br>Call us to get started. | | |
| Can I use these in retirement? | You generally can't add any more money to a DCPP in retirement. You have to use it to buy a retirement income product by the end of the year you turn 71. | You generally can't add any more money to an RRSP in retirement. More specifically, you have to withdraw it or use it to buy a retirement income product by the end of the year you turn 71.<br>*Keep in mind, money from an RRSP could lower the government money you qualify for in retirement.* | Yes, continue adding money and saving with a TFSA during retirement. Use the money you've saved whenever you want, including when you're retired.<br>*Money you take out of your TFSA does not affect the government money you qualify for.* | Yes. Continue adding money and saving with an NREG during retirement. Use the money you've saved whenever you want, including when you're retired. |

### All the products have the following benefits:

- Regular contributions from your pay. This way you save automatically without thinking too much about it.
- Professionally managed investments that you won't find if you invest on your own at a bank or mutual fund company.
- Competitive investing fees.
- Online tools and videos to help make saving easier.

## We're here to help

**Go mobile:** Check your balances and see how your funds are doing. Download the **my Sun Life mobile app** on Google Play or the Apple App Store.

Visit **mysunlife.ca** for tools, articles and videos. Sign in and select **Chat live now** to get live support.

Consider speaking with a financial advisor (registered as a Financial Security Advisor in Quebec) of your choice to get personalized advice about your plan.

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