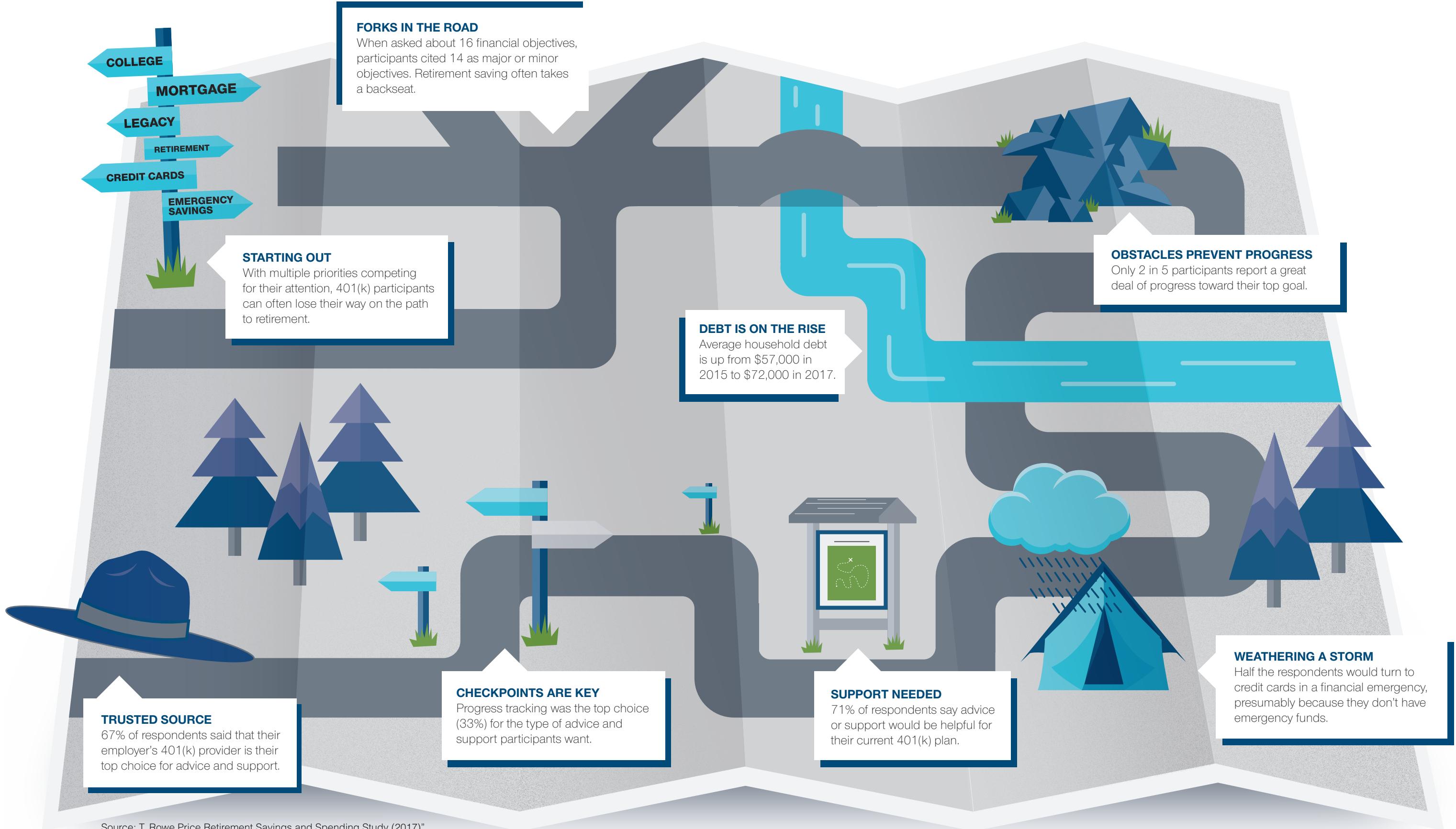


# From Conflicting Priorities to Wellness: Helping Participants Find Balance

In research from T. Rowe Price, *Retirement Savings and Spending 3*, we get insights on how to help 401(k) plan participants on their quest for financial wellness.



Source: T. Rowe Price Retirement Savings and Spending Study (2017)\*