



It's generally better to stay the course to meet your goals

Hello,

There has been lots of noise about market volatility due to Coronavirus Disease 2019 (COVID-19). But, what does it mean? How should you deal with it?

Well, market volatility is a 'fact of life'. **It's normal for markets to go up and down.** And, if your reason for saving or financial situation hasn't changed, it's **generally better to stay the course** to meet your goals.

When it comes to your savings, it's important to:



Have a plan



Remember that a well-balanced portfolio can help reduce volatility



Consider how comfortable you are with market ups and downs based on how long you're planning to save

History shows that a well-diversified portfolio and staying the course during periods of uncertainty generally benefit investors in the long run.

Sincerely,

Ella
Your Sun Life digital coach



Life's brighter under the sun

The information contained in this email is for informational purposes only and is not intended to provide specific financial, investment, or other advice to you, and should not be acted or relied upon in that regard without seeking the advice of a professional.

Sun Life Assurance Company of Canada is the insurer, and is a member of the Sun Life group of companies.

© Sun Life Assurance Company of Canada, 2020.
Legal | Privacy | Security | unsubscribe