



Minimizing Your Retirement Expenses

Your total retirement income represents one side of the equation, but it must be offset by your expected expenses during retirement. Your expenses may vary once you reach retirement; for example, spending on food, entertainment and transportation may remain stable, but spending on housing may go down and spending on health care may go up.

A general rule of thumb is to expect expenses between 55%-80% of your pre-retirement income. There are a number of retirement expense calculators in the Retirement Analysis tool, accessed through [Planning Summary on NetBenefits](#). See the next section for more details.

Another major expense during retirement is medical cost. See the **Retiree Medical** section (click button above) for information about choosing the right health coverage for you and your dependents. Understanding your options, including what may be available through Northrop Grumman, can help you decide on the right plan for the right price.