

Avoid common emotional ups and downs



NRM-5141M1.5 (05/15)

Investing involves risk, including possible loss of principal. Information provided by Retirement Specialists is for educational purposes only and not intended as investment advice.

Think long-term when investing.

Three tips to deal with market turmoil:

- 1 A good strategy is a good strategy regardless of market conditions. Stick with it.
- 2 You're in for the long-term. Don't make emotional decisions. Instead, focus on your long-term goals.
- 3 Talk with your local plan rep. They can provide you with educational information about long-term investing.

NATIONWIDE RETIREMENT PLAN

Contact Dave Sarmir to review your account today. Dave can help you make changes to your account to match your risk and time horizon. He can also help you use the My Interactive Retirement Tool on the website to see if you are on track to retire.



Contact your Nationwide Retirement Specialist:
Dave Sarmir
908-246-3944
sarmird@nationwide.com



Contact your Nationwide Retirement Specialist:
Frank McCafferty
888-401-5272
mccaffff@nationwide.com

The Nationwide Group Retirement Series includes unregistered group fixed and variable annuities and trust programs. The unregistered group fixed and variable annuities are issued by Nationwide Life Insurance Company. Trust programs and trust services are offered by Nationwide Trust Company, FSB, a division of Nationwide Bank. Nationwide Investment Services Corporation, member FINRA. Nationwide Mutual Insurance Company and Affiliated Companies, Home Office: Columbus, OH 43215-2220.

Nationwide and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. © 2014



Nationwide®