



## Your Prudential Pension Newsletter – September 2025

Your retirement savings are a key part of your future, so it's important to stay up to date. With our pension newsletters, we want to help you understand your options so you can make more informed decisions. We're proud to support the pension industry's [“Pay Your Pension Some Attention”](#) campaign, which encourages people to take a closer look at their long-term financial plans.

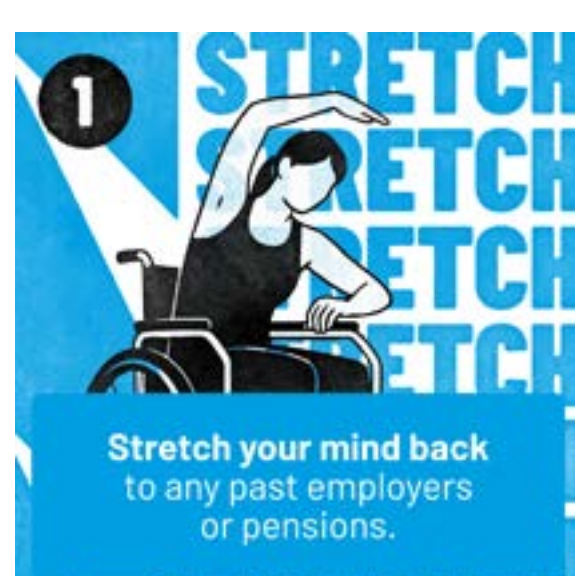
It's easy to lose track of your pension, especially when life gets busy. Taking a few small steps now can make a big difference later. In this edition, we'll share simple tips and helpful tools to help you understand what you have and what you might need for retirement.



## It's time to strengthen your pension

“Strengthen Your Pension” encourages individuals to take active steps towards building a more secure financial future. Much like physical fitness, pension health improves with regular attention and consistent effort. Just as small, steady changes in your fitness routine can lead to long-term benefits, reviewing your pension regularly can help ensure it's in the best possible shape.

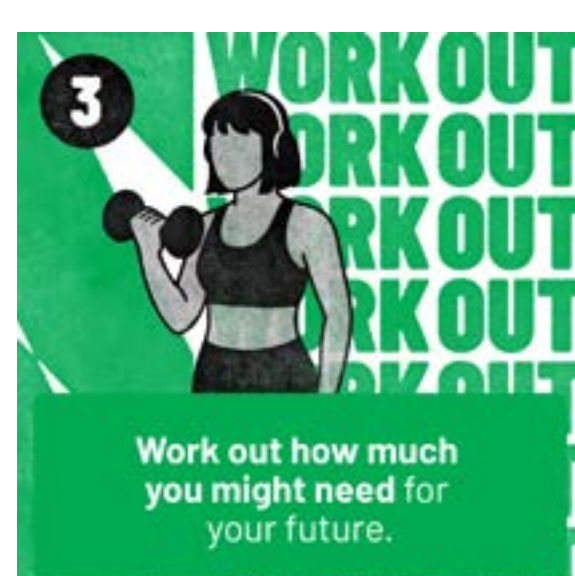
#PensionAttention is a reminder that strengthening your pension today can lead to greater confidence and stability in the years ahead. To help you get started, take these three simple steps below:



Have you been keeping track of every pension along the way?



Do you know how much you've saved across each of your pension pots, and whether they're working as hard as they could?



Have you thought about what kind of lifestyle you want in retirement?

[Find out more](#)

## Press play on a stronger pension

This short video brings the theme to life, showing how you can take the steps to build a stronger pension. It's a quick, helpful way to get started – whether you're new to pensions or just need a refresher.



As you approach retirement, it's important to know that there's no one-size-fits-all solution. To support you, we've created a [short video](#) that walks through the options available in a clear and simple way – so you can feel more confident about your next steps. You can also visit our [Pension Attention page](#) for useful tips, articles, tools and calculators to help you face the future and give your pension some attention.

When thinking about taking your money, we recommend you take advice from your financial adviser or get guidance. If you don't have an adviser, please visit [mandg.com/pru/customer/financial-advice/find-adviser](#) to find one.

If you're aged 50 or over, we recommend you use Pension Wise, a government service from MoneyHelper that offers free, impartial guidance to help you understand your options at retirement. Visit [moneyhelper.org.uk/pensionwise](#) for more information or call them on **0800 280 8880** to book an appointment.

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