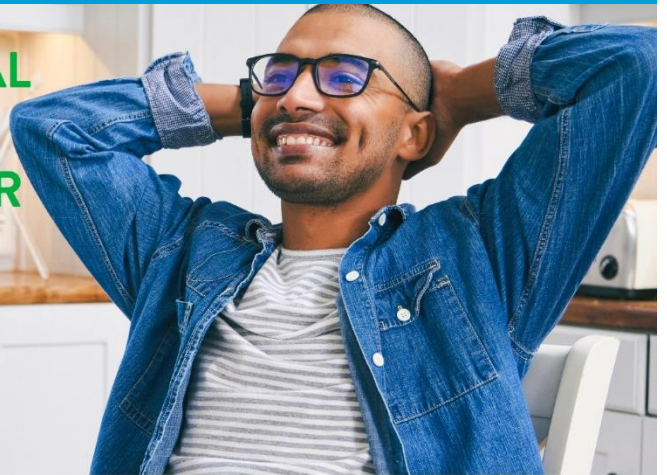


KEEP YOUR FINANCIAL RESOLUTIONS ON TRACK THIS NEW YEAR



Investing Through the Market Ups and Downs, February 16 at 1 p.m. CT

Click [here](#) to register.



Financial Education and Pre-Recorded Webinars

Topics cover: budgeting, debt management, Abbott's Stock Retirement Plan (SRP), understanding the Roth 401(k) and more.

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Contribution limits for the SRP have increased to \$22,500 (or \$30,000 if you're age 50 or older).

Small steps to reach your retirement goals

Set it and forget it: Our automatic contribution increase feature allows you to elect a target SRP contribution percentage and decide how much you will increase your percentage each year toward that goal.

To review or update your SRP contributions, visit your Abbott Benefits Center anytime.

- Desktop users: [click here](#)
- Mobile device users (*or when not connected to the Abbott network*): [click here](#)

Get help saving money and managing your spending

Spring Health, your mental health and work-life resource, can help you and your family with a variety of personal concerns at no cost to you, including:

- Financial planning or tax questions
- Dealing with debt or child support
- Legal counsel or hiring a lawyer
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