



## Episode 53: “How America Saves,” with Vanguard

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This month, [Jennifer Doss](#) and [Scott Matheson](#) are joined by David Stinnett, principal of strategic retirement consulting at Vanguard. Stinnett breaks down the 22nd annual “How America Saves” report, which covers trends in retirement plan design and participant behavior, including the use of financial advice programs, savings rates, and more.

Later, Mike Webb covers Roth catch-up contributions in his SECURE 2.0 series of this month’s *Minute with Mike*.

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#### Resources:

[How America Saves \(vanguard.com\)](https://vanguard.com)

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