

LINCOLN FINANCIAL INSIGHTS

Most Americans don't have a retirement plan for key scenarios—and worry they'll fall short

68%

Of consumers do not have a plan for age-related healthcare costs

Why it matters: Many Americans are unprepared for retirement, lacking plans for key scenarios and expressing concern about their ability to achieve a comfortable retirement. Creating a holistic plan for retirement finances and exploring solutions such as retirement income strategies can help address these gaps.

Who we surveyed: 1,026 adults, representative of the total U.S. population, including 213 Gen Zers, 318 Millennials, 284 Gen Xers, and 211 Baby Boomers.

68%

Of consumers do not have a plan for leaving their money/assets behind

Key Takeaways

1. Those who **don't** own an annuity are 2x more likely to be 'very worried' they won't have enough money to enjoy a comfortable retirement.
2. More than a third of Baby Boomers don't have a plan for retirement income/funding their retirement, including 11% who haven't given it **any** thought.
3. Gen X is most likely to be 'very worried' about not having enough money to enjoy a comfortable retirement (31% Gen X vs. 22% all consumers.)

56%

Of consumers do not have a plan for life insurance

% worried about enjoying a comfortable retirement

	Gen Z	Millennials	Gen X	Baby Boomers
Very worried	15%	20%	31%	19%
Somewhat worried	35%	38%	37%	33%
Not very worried	35%	28%	19%	31%
Not at all worried	15%	14%	13%	17%

54%

Of consumers do not have a plan for retirement income /funding their retirement

Source: Lincoln Financial, Consumer Sentiment Tracker, April 2026

Methodology: Lincoln Financial, Consumer Sentiment Tracker, April 2026 Lincoln's Consumer Sentiment Tracker is a research program which includes quarterly tracking surveys as well as omnibus surveys throughout the year. The goal of this research is to gauge consumer sentiment on a variety of financial topics and examine trends over time. In April 2026, data was collected from 1026 US adults using the Qualtrics survey platform. The sample includes quotas to be representative of the total U.S. adult population.