



Own Your NeXt

AI and Your Retirement: A Practical Guide for Gen X

For many Gen X adults, retirement is no longer a distant idea; it's a planning priority. Artificial intelligence (AI) tools can make financial information easier to understand, help organize your thinking, and support more informed conversations. But AI is not a licensed financial professional, and it should not be used as the final authority on retirement, investing, taxes, insurance, or estate decisions.

Why Gen X Is Paying Attention to AI

Gen X is often balancing peak earning years, aging parents, college costs, mortgages, career transitions, and retirement decisions at the same time. AI can help simplify complex topics and make it easier to prepare for financial conversations.

How AI Can Help With Financial Decision-Making

- **Simplify financial jargon.** AI can help break down concepts like asset allocation, Roth versus traditional IRA accounts, annuities, required minimum distributions, Social Security, inflation, and withdrawal rates.
- **Organize your financial picture.** You can use AI to create checklists of documents to gather or categories to review before meeting with a professional.
- **Model “what if” scenarios.** AI can help you think through questions such as retiring at different ages, increasing contributions, paying down debt, or delaying Social Security.
- **Support budgeting and cash-flow planning.** AI can help categorize expenses, identify spending patterns, and suggest ways to prioritize savings goals.
- **Prepare for conversations with a financial professional.** AI can help draft questions for your meeting, compare general planning approaches, or summarize topics you want to discuss.

How AI Can Support Retirement Planning

AI can be useful when you are trying to understand the moving parts of retirement planning. For example, it can help you explore how retirement income may come from workplace plans, IRAs, taxable savings, Social Security, pensions, annuities, part-time work, or other sources. It can also help you think through healthcare costs, debt payoff, emergency savings, caregiving responsibilities, your longevity, and the timing of major financial decisions.

Used thoughtfully, AI can help you become a more informed participant in your own plan. It can help you ask better questions, understand trade-offs, and feel more confident discussing your goals.

Cautions: What to Watch Out For

- **AI can be wrong or incomplete.** AI tools may provide outdated, oversimplified, or inaccurate information. Always verify important information using reliable sources and professional guidance.
- **AI doesn't know your whole life.** A chatbot may not understand your income, savings, taxes, insurance, debts, health needs, dependents, employer benefits, estate plans, or personal goals.
- **AI is not accountable for advice.** Many AI tools are not fiduciaries and are not legally required to act in your best interest.
- **Privacy matters.** Avoid entering sensitive personal information such as account numbers, Social Security numbers, passwords, tax documents, or full financial statements into public AI tools.
- **Beware of AI investment scams.** Be skeptical of claims that an AI system can guarantee returns, pick “can't lose” investments, or deliver high profits with little or no risk.
- **Do not rely on AI for tax, legal, or investment recommendations.** These areas can have serious consequences and should be reviewed by qualified professionals.



AI Should Complement — not Replace — a Financial Professional

AI can help you learn, organize, and prepare. A financial professional can help you apply that information to your real life. Retirement planning often involves coordinated decisions across investments, taxes, income timing, insurance, estate planning, healthcare, and family priorities. Those decisions require judgment, accountability, and an understanding of your full circumstances.

A qualified financial professional can help you evaluate trade-offs, build a retirement income strategy, stress-test assumptions, adjust for market changes, and revisit your plan over time. They can also help you avoid emotional decisions during periods of uncertainty, something AI cannot fully understand or manage for you.

Bottom Line

AI can be a helpful educational tool for Gen X consumers who want to better understand financial decisions and retirement planning. It can help you get organized, learn key concepts, and prepare thoughtful questions. But when it comes to making decisions that affect your retirement security, AI should be used as a support tool — not a replacement for a qualified financial professional who understands your complete financial picture.

Smart Ways to Use AI Before Meeting With a Financial Professional

1. Explain unfamiliar financial terms in plain English.
2. Create a list of questions for your next retirement planning meeting.
3. Ask for a checklist of documents to gather, such as account statements, debt balances, insurance policies, tax returns, and employer benefit information.
4. Compare general concepts, such as Roth versus traditional contributions, but confirm what applies to you with a professional.
5. Bring AI-generated ideas to your financial professional as discussion points.