Weathering Market Swings

Markets in Motion Series

American Century Investments®

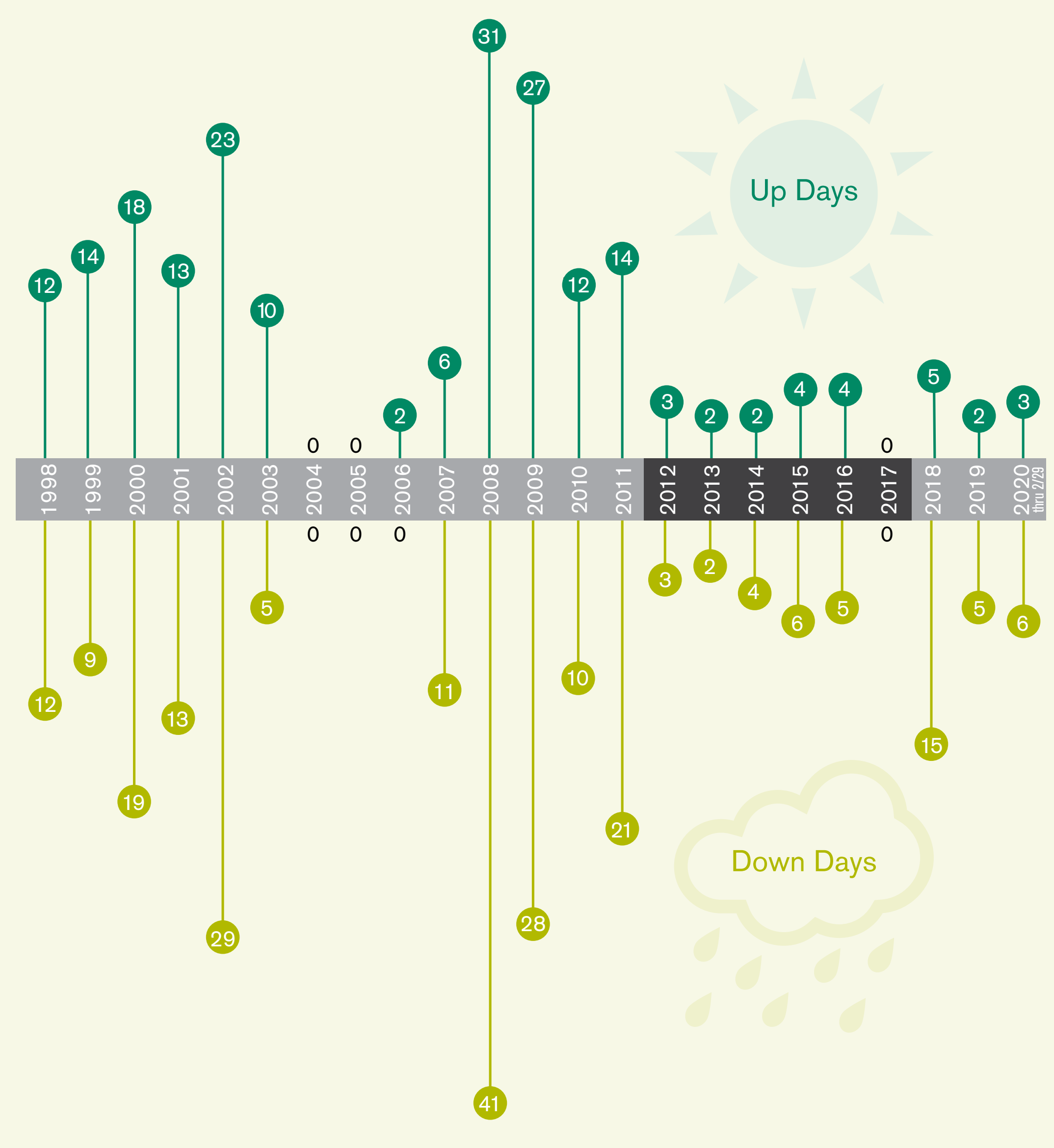
FINANCIAL FYI

Markets in Perspective

After years of positive returns, looking further back in history provides important reminders about stock market behavior. It's impossible to know when the ups and downs will occur, but having a long-term investment plan in place can help you avoid emotional reactions to market events.

More Ups and Downs? Yes and No.

Number of days the S&P 500 Index went up or down by 2% or more



Take a look further back—you'll see that the market's relative calm from 2012-2017 was unusual.

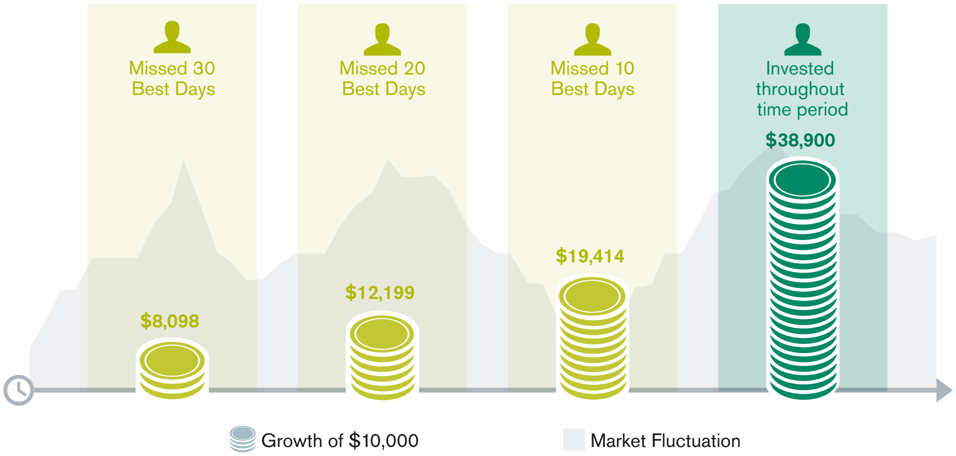
Source: FactSet. Data as of 2/29/2020.

Tips for Navigating the Market's Ups and Downs

No matter how many times we hear that market sell-offs are "normal," the experience can be unnerving. However, history shows that markets have recovered after periods of declines—and even rewarded those who remained invested.

Jumping In and Out of Stocks May Cost You

Impact of missing a few days of a market rally

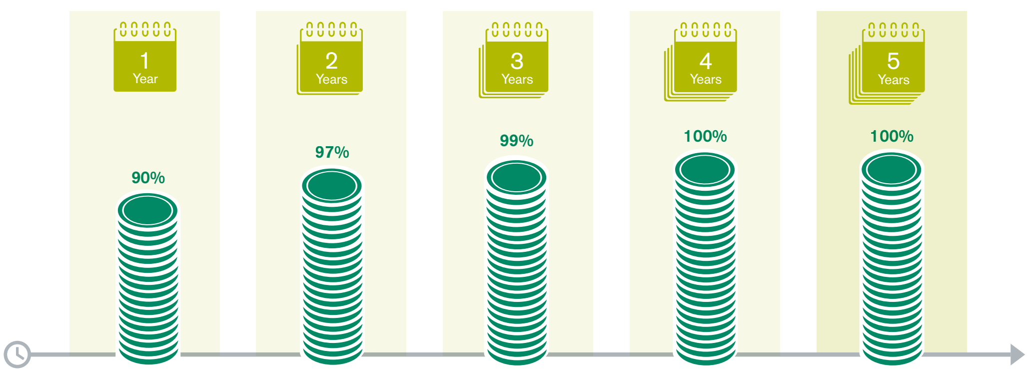


We believe keeping your money invested longer will give you the best opportunity to reach your long-term goals.

Source: FactSet. Growth of $10,000 in the S&P 500, 20 years ending December 31, 2019. The index does not reflect fees, brokerage commissions, taxes or other expenses of investment. Investors cannot invest directly in an index. Past performance is no guarantee of future results.

Bond Values Have Improved When Held Longer

Percentage of time a five-year Treasury investment increased in value



Source: FactSet, Bloomberg. Five-Year Treasuries are represented by Ibbotson's SBBI U.S. Intermediate-Term Government Index, which is a one-bond index representing a five-year, constant maturity U.S. Treasury Bond. The index does not reflect fees, brokerage commissions, taxes or other expenses of investment. Investors cannot invest directly in an index. Data from 12/31/2013 - 12/31/2019. Past performance is no guarantee of future results.

Weathering the Storms

Many investors have benefited from nearly a decade of remarkable market gains and low volatility. Such a backdrop is unusual and likely to revert to historical norms. For those close to retirement or other major financial goals, it may be a good time to reevaluate your portfolio's level of risk.

This hypothetical situation contains assumptions that are intended for illustrative purposes only and are not representative of the performance of any security. There is no assurance similar results can be achieved, and this information should not be relied upon as a specific recommendation to buy or sell securities.

Investment return and principal value of security investments will fluctuate. The value at the time of redemption may be more or less than the original cost. Past performance is no guarantee of future results.

This information is for educational purposes only and is not intended to provide, and should not be relied upon for, investment, accounting, legal, or tax advice.

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