Harvest ETFs

Retirement Income Needs

Securing Retirement in Today's Canada

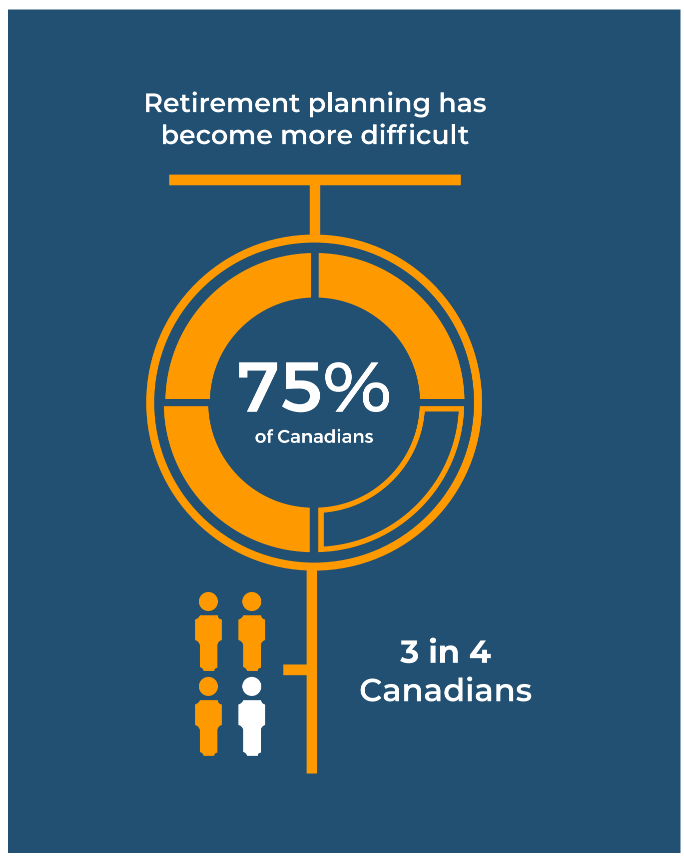
March 2025

Securing Retirement in Today’s Canada

Retirement should be a time to enjoy the fruits of your labour. Yet for many Canadians, it has become increasingly difficult to feel confident about their financial future. The cost of living continues to climb, Canadians are living longer than ever before, and defined-benefit pension, once a cornerstone of retirement security, are becoming a rarity. It is no surprise that nearly two in three Canadians worry about having enough savings to retire comfortably, according to a survey by the Canada Pension Plan Investments Board.

For today’s retirees

achieving financial stability means planning for a future. A future where your money works as hard as you did. It’s not just about having savings. It’s about creating sustainable income streams that can weather inflation, market volatility, and decades of retirement living. The Healthcare of Ontario Pension Plan’s 2024 Canadian Retirement Survey highlights this growing challenge, with 75% of Canadians agreeing that it’s harder to save for retirement today than it was for previous generations.



What’s clear is that Canadians

need smarter strategies to ensure their nest egg lasts a lifetime. They need reliable income solutions that balance stability with growth, all while managing risks and minimizing taxes. That’s where Harvest Income ETFs can make a meaningful difference. Designed to provide consistent, tax-efficient income, these innovative funds are helping Canadians turn their retirement goals for income and potential growth into reality.

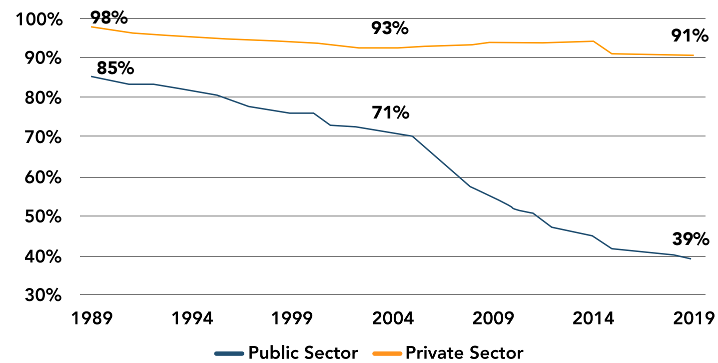
So, how do these ETFs work, and how can they fit into your retirement plan? Let’s dive into how you can create a reliable, long-term income strategy with Harvest Income ETFs.

The Evolution of Retirement Income: What's Changed?

Before we look to the future, let's take a quick step into the past. Once upon a time, retirement income was a straightforward affair. You worked for a company, contributed to a pension plan, and when the time came to retire, you received predictable cheques for the rest of your life. Simple, right? Well, times have changed. The days of widespread defined-benefit pensions are largely behind us, leaving many Canadians to shoulder the responsibility of funding their own golden years.

If you're still counting on a pension to carry you through, it's time for a reality check. Depending on your specific plan, payouts might be lower than expected. Especially if you're thinking about retiring early. With fewer years to earn and save, your investments will need to work harder, and smarter, than ever before.

Proportion of Active RPP Members Covered by DB Plans



Source: Office of the Superintendent of Financial Institutions, 2022.

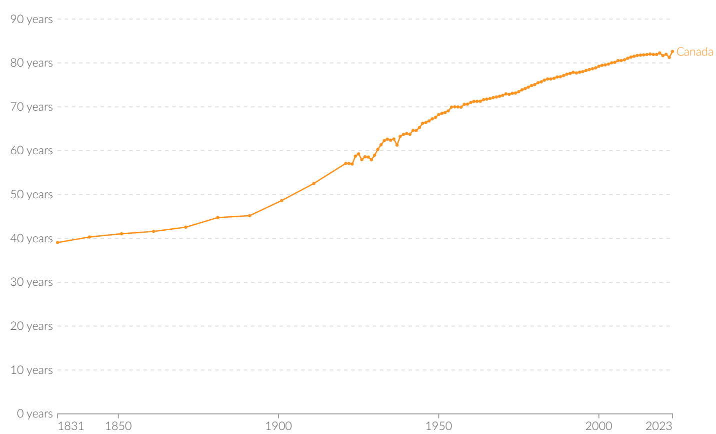
How Retirement Income Needs Will Evolve

Now that we've looked behind, what can retirees expect in their future? While there is no crystal ball, we can tell you that retirement is no longer just about putting your feet up and enjoying a slower pace of life. Today's retirees are planning for decades of travel, hobbies, and even second careers. But with these opportunities come evolving financial challenges.

According to Statistics Canada, the average Canadian life expectancy is now over 80 years, meaning many of us will spend 20 or even 30 years in retirement. That's a long time for your savings to stretch! Add to that the rising costs of healthcare, inflation, and reduced availability of traditional pensions, and it's clear why so many Canadians worry about outliving their savings.

Life Expectancy

The period life expectancy at birth, in a given year.



Source: UN WPP (2024); HMD (2024); Zijdeman et al. (2015); Riley (2005) –

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So, what's the solution?

So, what's the solution? A modern retirement income strategy needs to focus on three things: sustainability, flexibility, and growth. Let's break it down:

1 Longevity

Your income needs to last as long as you do. This is why tools like lifetime pension plans or income-focused ETFs are becoming increasingly popular.

2 Flexibility

Whether it's a market downturn or unexpected healthcare costs, having diverse income sources like the Canada Pension Plan (CPP), RRSPs, and tax-efficient investments ensures you can handle surprises.

3 Growth

While safety is important, your savings also need to grow. Investing in a mix of assets, such as equity-focused ETFs or dividend stocks, can help you keep pace with inflation and maintain your purchasing power over time.

How Harvest ETFs Can Support Your Retirement Income

Retirement is all about enjoying the freedom to live life on your terms. But let's face it, freedom comes with a price tag. That's where Harvest ETFs support your financial strategy, offering a straightforward approach to potential income generation in retirement. These innovative funds are worth considering as part of a diversified portfolio aimed at achieving your retirement goals.

Consistent Cash Flow

One of the biggest challenges in retirement is ensuring you have predictable income to cover both the necessities and the fun stuff. Creating consistent income stream can help you plan your budget with confidence, knowing that your future plans are covered.

High Yield

Harvest ETFs use covered call strategies to boost income potential. By selling call options on the underlying assets, these ETFs generate premiums for high yields and monthly cash payouts.

Diversification Made Easy

Investing in individual stocks can feel like all your eggs are in one basket. Especially in retirement. ETFs help to solve this problem by providing exposure to a basket of assets across various sectors.

Tax Efficiency

The premiums earned in the sale of call options are considered a capital gain and not income, the portion of our Income ETFs' cash distributions earned from call options is taxed at a more favourable rate than fixed income and non-Canadian dividends when those ETFs are held in non-registered accounts.

The Benefits of Harvest Covered Call Options

Retirement should be about enjoying the lifestyle you have worked to achieve while ensuring that your financial recourses remain sufficient to fund that lifestyle. That requires balancing income, growth and risk. In other words, you should look to find enough income and growth potential at a risk level that's manageable. Harvest ETFs covered call options ETFs are designed to provide consistence monthly distribution with the potential for growth.

Covered call ETFs hold a basket of stocks or fixed-income investments and overlay a covered call option writing strategy on that portfolio. A covered call strategy can offer potential benefits for retirees who prioritize stability over high returns. After all, one of the trade-offs with covered call strategies is they cap upside potential. A covered call ETF is designed to earn income that can offset potential declines in the underlying portfolio during market downturns. That approach can reduce volatility in a retirement portfolio.

Harvest covered call ETFs are diversified across various industries, including technology, financial healthcare, REITs and consumer goods. The monthly income generated from writing covered calls is not reliant on the performance of a single company or market segment, instead drawing on a broad basket of assets.

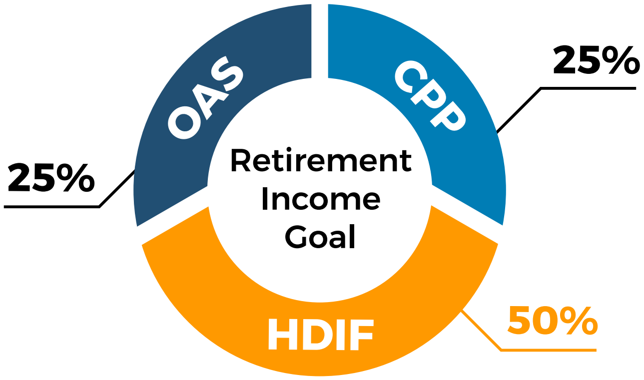
Building a Retirement Income Plan with Harvest Covered Call ETFs

Developing a sustainable retirement income plan is a crucial step towards securing your financial future. With investment vehicles, like Harvest Income Covered Call ETFs, you can effectively manage your retirement income strategy. These ETFs are designed to help generate income and are worth considering as part of a diversified portfolio.

1. Assess Your Income Needs

Figure out how much money you will need to cover both your essentials and your lifestyle goals. Start by listing your monthly expenses. Think housing, groceries, and transportation. Then add in the fun stuff, like travel, hobbies, or dining out.

Let's say you determine you'll need $5,000 per month in retirement income. If your CPP, OAS, and other sources add up to $3,000, you'll need to generate the remaining $2,000 from your investments. Harvest ETFs are designed to provide unitholders with consistent monthly cash distributions, so you could make up that difference with these ETFs by including them in your income portfolio. You will need to find one or a combination that best fits your income goal.



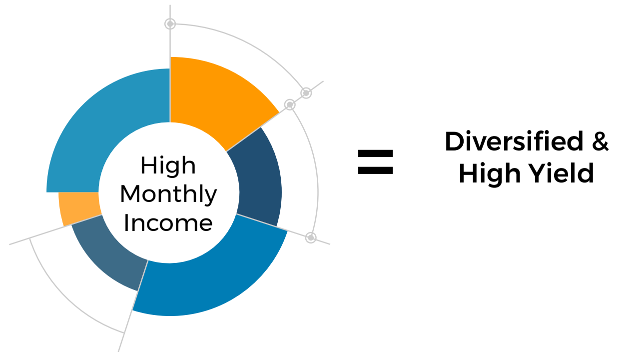
2. Diversification and asset allocation

Harvest ETFs offer asset allocation portfolios that are diversified, provide consistent monthly cash distributions, and growth potential. Diversification can help to combat volatility for Canadians who are saving for retirement or drawing on income as a retiree.

Harvest ETF Solutions to support your Retirement Income Plan

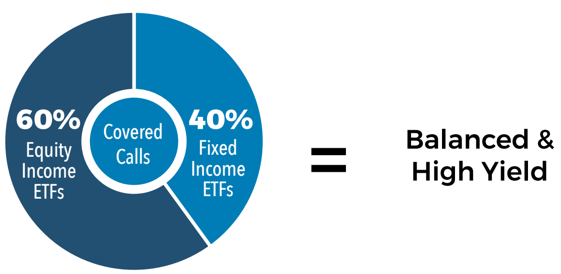
Harvest Diversified Monthly Income ETF (HDIF)

A diversified portfolio of Harvest ETFs that are positioned to deliver steady monthly income. This one stop diversified core monthly income solution employs modest leverage at approximately 25% to enhance monthly cashflows. It offers access to leading large-cap companies that are diversified across sectors and geographies.



Harvest Balanced Income & Growth ETF (HBIG)

Seeks to provide high monthly cash distributions and the opportunity for capital appreciation by investing, on a non-levered basis, in a portfolio of ETFs that are listed on a recognized North American stock exchange that provide exposure towards large-cap equity securities, investment grade bonds, or money market instruments issued by corporations or governments.



Access High Monthly Income

This example is for illustrative purposes only and based on a hypothetical $200,000 investment. Purchasing **HDIF** at $8.74 per unit would yield approximately 22,883 units, generating an estimated **$1,695 in monthly income** at a distribution of $0.0741 per unit. For **HBIG**, a $24.17 per unit purchase equates to about 8,274 units.

	Market Price	Distribution Per Unit	Monthly Income
HDIF	**$8.74**	**$0.0741**	**$1,695**
HBIG	**$24.17**	**$0.1600**	**$1,323**

As at February 28, 2025

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Simplifying Retirement Income with Harvest ETFs

Retirement is a time to embrace the freedom you've worked so hard to achieve. Yet creating a steady and reliable income stream is essential to making that freedom a reality. Harvest Covered Call ETFs are designed to provide a balanced approach to income, growth, and risk management. By focusing on these key areas, these ETFs aim to meet the diverse financial objectives of investors.

Designed to distribute returns on a regular basis, these ETFs aim to provide a structured cash flow that can assist in planning your financial management. Consistent monthly payouts may help in organizing your expenses effectively.

Rebalance Regularly

Markets change, and so will your portfolio's balance over time. To ensure your investments align with your income needs and risk tolerance, plan to rebalance your portfolio annually or after significant market shifts.

Planning for Monthly Income in Retirement

Key Takeaways

1. Canadians need smarter strategies to help them achieve a comfortable retirement
2. Investments must go further as defined-benefit pension plans have declined
3. A modern retirement strategy must focus on: (1) Sustainability, (2) Flexibility, and (3) Growth

Harvest ETFs offer the following benefits

1. Consistent cash flow
2. Tax efficiency
3. Diversification made easy
4. High yield

Harvest Income ETFs featured

Harvest Diversified Monthly Income ETF: **HDIF**
Harvest Balanced Income & Growth ETF: **HBIG**

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