

ICI VIEWPOINTS

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It's National 401(k) Day!

By Sarah Holden

On the first Monday in September, America celebrates Labor Day—our annual national holiday honoring the contributions that American workers have made to the country. On the following Friday, we end the holiday week with a day that reminds American workers to think about contributions to their retirement plans.

As in previous years, [ICI is marking National 401\(k\) Day](#) by spotlighting the strengths of 401(k) plans and their role in the American retirement system, and by reminding workers to get the most of their own 401(k) plans.

If you're one of the many millions of American workers who is focused on saving in a 401(k) plan, ICI has resources to help you learn more about one of the nation's most successful retirement saving tools—[plans that hold \\$5.0 trillion in assets](#) on behalf of about 55 million active participants and millions of former employees and retirees.

Here are a few of those resources:

- [FAQs on the basics of 401\(k\) plans](#), which offer guidance on what exactly a 401(k) plan is and how it works, including information about employer matches, vesting, withdrawals, required minimum distributions, and catch-up contributions.
- [FAQs on ICI's 401\(k\) plan research](#), which offer information about the 401(k) plan market and participant activity.
- [Ten Important Facts About 401\(k\) Plans](#), which offer a collection of interesting facts pulled from ICI's research papers and data collections.

For more information about 401(k) plans, see [ICI's 401\(k\) Resource Center](#), where we have all of the above resources and more, including videos, news releases, and policy statements. Also, follow us on social media—including [Facebook](#), [Twitter](#), and [LinkedIn](#)—to receive information about top news stories on the industry, notices of ICI releases, and stories on 401(k)s and retirement.

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