



Worried about volatility?

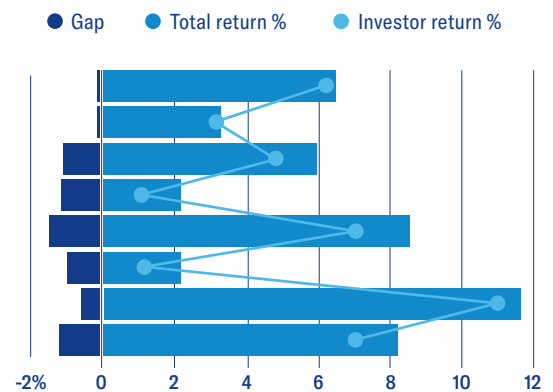
Volatility, or dramatic price swings, can hurt long-term investors by drawing down portfolio value, forcing investors to extend the time horizon required to meet their financial goals. Volatility may also tempt investors to sell holdings precisely at the point valuations are becoming more attractive.

Maintain a long-term perspective

Investors sometimes believe they can protect themselves by selling equities in a downturn. Typically, however, downturns tend to be short-lived. Attempting to time the market in an emotional response may result in lower returns for the average investor over time, a return gap that Morningstar estimates at around 1.2% annually.¹

The gap by U.S. category group (10-year returns)

U.S. category group	Investor return %	Total return %	Gap
Allocation	6.3	6.5	-0.1
Alternative	3.2	3.3	-0.1
International Equity	4.8	5.9	-1.1
Municipal Bond	1.0	2.1	-1.2
Sector Equity	7.0	8.5	-1.5
Taxable Bond	1.2	2.2	-1.0
U.S. Equity	11.1	11.6	-0.6
Overall	7.0	8.2	-1.2



Source: Morningstar, Mind the Gap, data as of December 31, 2024. Excludes commodities category group. The alternative category group also includes funds assigned to the nontraditional equity category group. The category group figures include funds of funds, but the overall figures exclude funds of funds to avoid double-counting. Gap numbers may not match differences in returns because of rounding.

Help keep emotion out of the equation

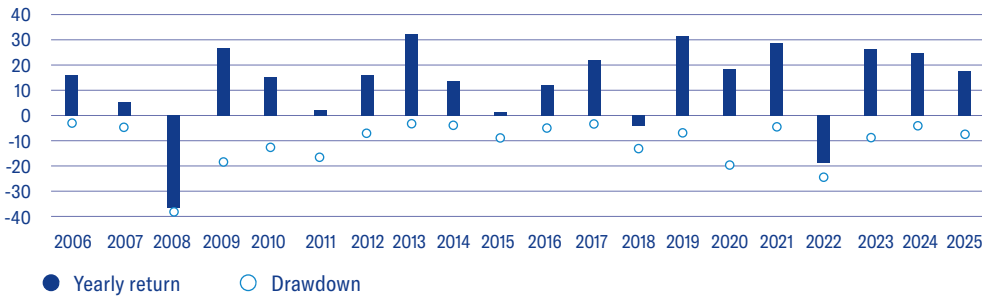
Regardless of source, historical research often points to emotional investing being a measurable detriment to investor returns, with the shortfall typically being the timing of investments or the placement of investment dollars in cash or cash-equivalents.

The good news? There is evidence that staying invested, and diversified, through volatility can help investors keep more of what markets deliver, without requiring dramatic shifts in long-term positioning. For instance, research comparing investors' results with the funds they used found that over the 10 years ending December 31, 2024, the average dollar invested earned 7% per year, about 1.2 percentage points less than the funds' 8.2% total return, a shortfall equivalent to roughly 15% of the market's aggregate gain over the period.¹

Market ups and downs are normal

Volatility is a natural aspect of the investment markets – the result of factors, such as information flow, shifting investor demand for safety and even emotional investing. Regardless of what type of investment you’re looking at, periods of large price swings can be a normal part of a market that is generally rising over time.

S&P 500® Index yearly total return vs. max annual market drop, over 20 years



Past performance is no indication of future results. Source: Equitable Investment Management and Morningstar Direct for the period ending December 31, 2025. Drawdowns represent the largest drop from peak to trough during the calendar year. For U.S. equities as measured by the S&P 500® Index. An index does not reflect the impact of fees and expenses on investing, and an individual cannot invest directly in an index.

Over the course of two decades and 17 years of positive annual returns, U.S. equities have experienced annual drawdowns averaging 10.5%. Drawdowns have ranged from -2.8% to as much as -37.7% in that time period.

Index definitions: The Standard & Poor’s 500® Index is an unmanaged weighted index of common stocks of 500 of the largest U.S. companies, deemed by Standard & Poor’s to be representative of the larger-capitalization portion of the U.S. stock market. The S&P 500® Low Volatility Index measures performance of the 100 least volatile stocks in the S&P 500®. The index benchmarks low-volatility or low-variance strategies for the U.S. stock market. The Bloomberg U.S. Aggregate Bond Index (the Aggregate Index) is an unmanaged index considered representative of the U.S. investment-grade fixed-rate bond market. It includes government and credit securities, agency mortgage pass-through securities, asset-backed securities and commercial mortgage-backed securities.

1 Morningstar compares dollar-weighted internal rate-of-return calculations with time-weighted total returns to see how large the gap, or difference, has been between the U.S. asset categories shown over the 10 years ended December 31, 2025 (latest data available).

Equitable Investment Management Group, LLC (EIMG) is a wholly owned subsidiary of Equitable Financial. EIMG provides investment advisory services to certain variable investment options, or portfolios, underlying life insurance and annuity products offered by Equitable. Equitable Investment Management, LLC (EIM LLC) is an indirect, wholly owned subsidiary of Equitable Holdings, Inc., and provides fund administration services to the portfolios. Equitable Investment Management includes both EIM LLC and EIMG. EIMG and EIM LLC are also affiliates of Equitable Advisors and AllianceBernstein L.P. (AB). EIM LLC is the investment adviser to the 1290 Funds® an indirect, wholly owned subsidiary of Equitable Holdings, Inc. 1290 Funds® is a registered service mark of Equitable Investment Management. 1290 Funds® are distributed by ALPS Distributors, Inc., 1290 Broadway, Suite 1000, Denver, CO 80203, which is not affiliated with Equitable Investment Management, Equitable Financial, Equitable Distributors or Equitable Advisors.

Please consider the charges, risks, expenses and investment objectives carefully before purchasing a variable annuity, variable life insurance product or a mutual fund. For a prospectus containing this and other information, please contact a financial professional or log on to equitable.com. Read it carefully before you invest or send money.

Some strategies discussed in this material are available only through certain mutual funds, as well as through variable life insurance and variable annuity products that are issued by Equitable Financial Life Insurance Company (NY, NY). Variable life insurance and variable annuity products are co-distributed through Equitable Advisors, LLC (member FINRA, SIPC) (Equitable Financial Advisors in MI & TN) and Equitable Distributors, LLC. Equitable Financial, Equitable Advisors and Equitable Distributors are affiliated companies located at 1345 Avenue of the Americas, NY, NY 10105, (212) 554-1234.

Equitable Financial, Equitable Investment Management Group, Equitable Advisors and Equitable Distributors do not provide tax or legal advice. You should seek the guidance of your own tax and legal advisors regarding your individual circumstances.

Equitable is the brand name of the retirement and protection subsidiaries of Equitable Holdings, Inc., including Equitable Financial Life Insurance Company (NY, NY); Equitable Financial Life Insurance Company of America, an AZ stock company with an administrative office located in Charlotte, NC; and Equitable Distributors, LLC. Equitable Advisors is the brand name of Ewquitable Advisors, LLC (member FINRA, SIPC) (Equitable Financial Advisors in MI & TN). The obligations of Equitable Financial and Equitable America are backed solely by their claims-paying abilities.

This disclosure applies to customers of bank-affiliated entities.

INVESTMENT AND INSURANCE PRODUCTS ARE: • NOT FDIC INSURED • NOT INSURED BY ANY GOVERNMENT AGENCY • NOT A DEPOSIT OR OTHER OBLIGATION OF, OR GUARANTEED BY, THE BANK OR ANY OF ITS AFFILIATES • SUBJECT TO INVESTMENT RISKS, INCLUDING POSSIBLE LOSS OF THE PRINCIPAL AMOUNT INVESTED

This material is for informational purposes only and does not constitute investment advice or recommendation.

Equitable Financial Life Insurance Company (NY, NY); Equitable Financial Life Insurance Company of America

© 2026 Equitable Holdings, Inc. All rights reserved. GE-8821703.1 (3/26) (Exp. 3/28) | G3467165 | Cat. #400098 (3/26)



EQUITABLE