

21 September 2026

The 1 per cent super move that could add more than \$70,000 to your retirement

Australian workers putting 1% of their salary into super could be more than \$70,000 better off at retirement¹, as new MLC data shows voluntary contributions were up 79% in recent months compared to the same time in 2024².

MLC Chief Customer Officer Renee Howie said the rise showed more Australians were taking practical steps to strengthen their retirement outcomes and give themselves more confidence in their future.

"An extra 1% may not sound like much, but over your working life, it can make a big difference at retirement, with MLC modelling showing a 30-year-old worker on a salary of \$105,000 p.a. could be more than \$70,000 better off in retirement," Ms Howie said.

"In this scenario this equates to chipping in just over \$20 per week – a good deal for something that can make a difference to how you feel about what life looks like ahead of you.

"MLC data has found that between May and August this year, additional contributions to super were up by 79% compared to the same time period in 2024.

"Retirement is a lifetime in the making, and extra contributions can be a great way to start building towards a more glorious retirement.

"With an extra \$70,000 in retirement, you could take a few extra overseas trips, enjoy more regular meals out, head off for a longer trip around Australia or take more interstate holidays."

Ms Howie said there are also many other ways to plan for a glorious retirement.

"We plan in enormous detail for so many parts of our life – weddings, having a baby, renovating a home – but retirement often gets overlooked," she said.

"We know Australian are vastly more confident in meeting their financial needs in retirement if they have a plan (52% with plan vs 15% no plan)³.

"A great first step is logging into your super account and understanding your balance, where your money is invested and whether you're on track for the retirement you want.

"MLC research shows 1 in 5 Australians (22%) haven't taken any form of action on their super in the last 12 months, so this is a great place to start.

"It's also worth reviewing how your super is invested and whether that investment approach aligns with your goals and appetite for risk.

"Look at how your fund is performing over the long-term taking into account fees and costs. Sitting in an underperforming fund can be costly over the course of your working life.

"If you have multiple super accounts, you may also wish to consider whether there may be benefits in consolidating your super into one account, if that's right for you.

"If you're not sure what to do or where to start, you can reach out to your fund, at MLC for example, basic advice on your superannuation is included as part of your membership.

¹ Model assumptions: Based on a 30-year-old worker with a super balance of \$100,000 on a salary of \$105,000 p.a. Investment returns (after investment fees and tax) of 6.0% p.a. from age 30 to 55, reducing to 5.5% p.a. from age 56 to 67; SG rate of 12%; salary growth of 3.5% p.a.; and CPI inflation of 2.5% p.a. Projected balances are discounted using CPI and presented in today's dollars. Worker projected to be \$71,460 better off in retirement.

² Data provided by MLC based on additional contributions from member base in the MLC Super Fund between May 1 2026 – August 31 2026 compared to May 1 2024 – August 31 2024. Calculated on a per member basis.

³ Research explored the attitudes to retirement and financial confidence, based on a survey of 2,500 Australians aged 18 years and over. The survey was conducted by McCrindle Research on behalf of MLC, with questions in-field in December 2025.



“Like all good things, retirement starts with a plan, and while we are pleased to see so many Australian workers making a plan through extra contributions, there are many other ways you can start planning for retirement.”

Key data points

- Additional contributions increased 79% between May and August 2026 compared with the same period in 2024.
- MLC modelling shows a 30-year-old worker earning \$105,000 could be more than \$70,000 better off at retirement by salary sacrificing 1% of their income into super.
- One in five Australians (22%) had not taken any action on their super in the previous 12 months.
- Australians are more than 3 times more confident in meeting their financial needs in retirement if they have a plan (52% with plan vs 15% no plan).

Notes

Research explored the attitudes to retirement and financial confidence, based on a survey of 2,500 Australians aged 18 years and over. The survey was conducted by McCrindle Research on behalf of MLC, with questions in-field in December 2025.

Salary sacrifice may not be suitable for everyone. Consumers should consider their financial needs, check the concessional contributions cap and seek advice where appropriate. Investment outcomes vary and modelling is not a guarantee of future results.

The 1% salary sacrifice example is equal to \$1,050 a year, or approximately \$40.38 before tax from each fortnightly pay, for a salary of \$105,000.

This information is general in nature and does not take into account your personal objectives, financial situation or needs. You should consider obtaining independent advice before making any financial decisions based on this information. It is recommended you consider the relevant Product Disclosure Statement (PDS) and Target Market Determination (TMD) before you make any decisions about your superannuation. You can obtain the latest copy of the PDS and TMD at mlc.com.au.

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MLC is part of the Insignia Financial Group that provides investments and superannuation solutions to corporate, institutional, and retail customers. Its purpose is to create future confidence for Australians through superannuation, professional financial advice, asset management and modern investment platforms underpinned by leading technologies.

As one of the largest wealth managers in Australia, with over 175 years' experience in helping Australians secure their financial wellbeing, the Insignia Financial Group provides services to more than 1.5 million clients (as at 30 June 2025). Learn more about MLC at www.mlc.com.au.