

3. True

MRRC researchers John Karl Scholz and Ananth Seshadri recently built a model to look into how health and consumption intertwine. [In this study](#), retirees could make health “investments” by exercising and eating well. The researchers found that including such healthy choices helped explain the differences in peers’ health spending. While M&M are likely to live longer because of their healthy habits, they’re also less likely to experience a health shock, and therefore, more likely to spend less on health care in retirement. Scholz and Seshadri have a great visualization of how health shocks affect spending:

