



Photo of: Currituck Sound, NC



**“Planning is bringing the future into the present so that you can do something about it now.”**  
— Alan Lakein

## Retire With Confidence

Do you lack confidence in your retirement goals? You are not alone. In a [survey](#) conducted by the Employee Benefit Research Institute (EBRI), 34% of all workers surveyed felt less confident they could live comfortably in retirement due to the impact COVID had on the world's economy. Many factors can contribute to a lack of retirement confidence –like not making enough money, making early financial mistakes, reliability of Social Security, or not saving enough for the unexpected in retirement.

Having confidence about retirement is one thing, of course, and preparation something else, though the two are logically intertwined. It is hard to deny that the best means of assuring retirement confidence is in establishing a solid foundation through a well laid-out plan.

Experiencing a positive retirement experience and living life on your terms in retirement is achievable by creating a retirement plan. Start your retirement planning by following these fundamental steps:

- **Establish a retirement goal:** Planning for retirement should begin years before the actual date arrives. Take time now to map out your retirement plan and revisit as needed to adjust as lifestyle, life demands, health, etc. change your retirement plan direction and focus.
- **Calculate how much money is needed:** Take time to establish how much money you will need to achieve your retirement goal. Once you have determined your retirement plan, take the time to do some research to determine costs associated with your goals (cost of living, health care, travel, etc.) to ensure you save enough to achieve your dream in retirement.
- **Consider the present:** Once you know what is needed for future financial security it is time to look at current spending and cash flow. You should look at your current income to debt ratio so current spending and savings can be properly addressed to take adequate measures to move you toward a stable financial retirement future.
- **Look for opportunities:** Taking advantage of all opportunities to save for your financial future. Look to employer provided programs offered to maximize on pre-tax and post-tax savings opportunities. Every dollar counts, start at the savings level your budget can handle and increase yearly if possible. You'll be amazed how your retirement dollars will grow.
- **Seek Help:** Enlist the help of a UNC System retirement plan financial professional to help establish your retirement goals and make sound financial decisions. Financial professionals with [CAPTRUST](#), [FIDELITY](#), and/or [TIAA](#) can help you build a personal budget, create a savings plan, and maximize your investment line-up to all ensure you meet your future retirement financial needs.



## Save It Forward

Contributing to the University of North Carolina Supplemental Retirement Plans today could lead to financial benefits tomorrow. TIAA financial advisors share that even a small amount could make a big difference over time.

### **Benefits of contributing to retirement**

Pretax contributions can help lower your current taxes. Roth contributions is where your after-tax contributions have the potential to grow tax free and can provide you with tax-free income in retirement. Per TIAA, contributing to annuities in the plan can provide access to guaranteed retirement income options that will never run out.

### **Are you saving enough to meet your retirement needs?**

TIAA financial advisors share that the future of healthcare costs and retirement benefits, like Social Security, are uncertain. Living longer means you may need retirement income for 20 years or more. With uncertain costs and longer lifespans, it is vitally important to begin saving today to ensure financial security in the future.

### **Take care of your future self today**

The University of North Carolina Supplemental Retirement Plans include the UNC 403(b) Plan and the UNC 457(b) Plan. Enroll in one of these supplemental plans to start your path to saving for a financially secure future. If you are already enrolled, consider increasing your contributions. To enroll or increase your contributions simply complete one of the following forms to your University Benefits Administrator:

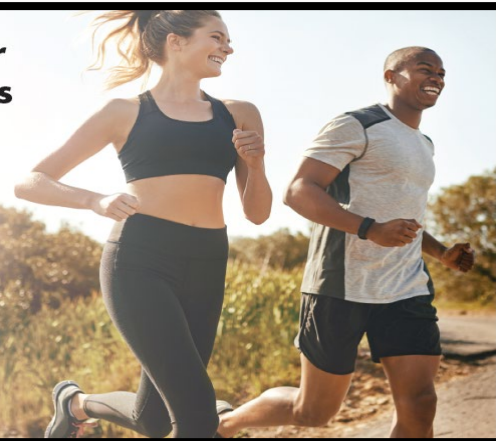
- [UNC 403 \(b\) Salary Reduction Agreement](#)
- [UNC 457 \(b\) Salary Deferral Agreement](#)

### **Need Help?**

Need help determining how much to save for your future goals and needs? Financial professionals with [CAPTRUST](#), [TIAA](#), and/or [FIDELITY](#) can help. Reach out today for a free financial consultation to start saving for your future.

**Saving for your future is always a good idea**

**Save It Forward®**  
Your future self will thank you



## SPF: Protection Against Financial Risks

The hot, lazy days of summer are often a carefree time; but, as we slowly recover from a global pandemic and a recent volatile stock market it is key to layer on the appropriate “SPF” (Save, Protect, Fund) to protect yourself against harmful financial risk rays.

**Save:** Saving is very key to achieving a stable financial future. It is never too early or too late to begin saving for retirement. When ready to start expanding your retirement savings ensure you work with a financial advisor to design a savings plan to

**Protect:** Protect your future retirement finances through diversification of your portfolio with an annuity. It can provide protected growth and monthly lifetime income for a portion of your portfolio – to help cover expenses in retirement and ensure you have a stream of income throughout retirement.

**Fund:** Make sure to create a retirement income plan that will adequately fund your future retirement income. Fidelity shares a retirement income plan should include guaranteed income, growth potential, and flexibility.

Working with a financial advisor ([CAPTRUST](#), [TIAA](#), and/or [FIDELITY](#)) can help you find the best “SPF” number that will work for you to achieve the level of financial comfort and protection you need.

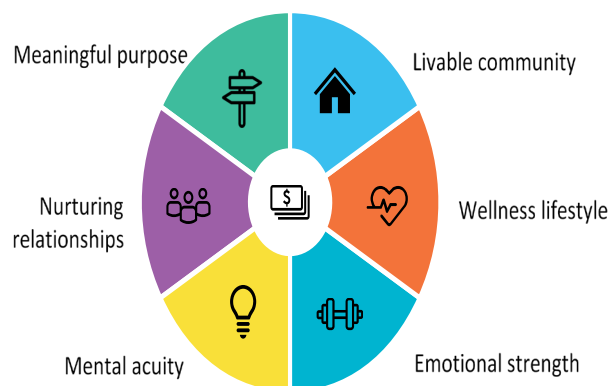


**University of North Carolina System Retirement Plans:**  
**Plan Investment Review | Performance Summary**  
(for the period ending 03.31.2021)

## Well-Rounded Retirement

Planning for retirement goes beyond putting together a financial strategy. A full-picture plan starts with considering many nonfinancial aspects of retirement. TIAA provides the below mini webinars to help create a foundation for thinking beyond the money by exploring several aspects of retirement health using the well-rounded model.

- [Well-rounded Retirement...An overview](#) (24m28s)
- [Well-rounded retirement: Meaningful purpose](#) (18m3s)
- [Well-rounded retirement: Livable community](#) (14m17s)
- [Well-rounded retirement: Wellness Lifestyle](#) (18m10s)
- [Well-rounded retirement: Emotional strength](#) (16m41s)
- [Well-rounded Retirement: Mental acuity](#) (16m46s)
- [Well-rounded retirement: Nurturing relationships](#) (13m12s)



A full-picture of your future financial retirement needs is only a click away. To learn more about planning for a well-round retirement reaching out to a Financial professional today with [TIAA](#), [CAPTRUST](#), and/or [FIDELITY](#).

**“Do not save what is left after spending, but spend what is left after saving.”**  
-- Warren Buffet

Take the first step in the right direction by contacting a UNC Retirement vendor (FIDELITY or TIAA) or CAPTRUST for one-on-one counseling sessions or use their Individual Advisory Service line to get started on a clear plan to achieve your financial goals toward retirement security.

## MAKE A RESERVATION WITH A FINANCIAL COUNSELOR TO DISCUSS YOUR FINANCIAL GOALS AND FUTURE RETIREMENT PLANS

Vendor	Line	Reservation Tool	Individual Advisory Service
CAPTRUST	800-967-9948	<a href="http://www.captrustadvice.com/unc">www.captrustadvice.com/unc</a>	<a href="http://www.captrustadvice.com">www.captrustadvice.com</a>
FIDELITY	877-862-4032	<a href="http://www.fidelity.com/reserve">www.fidelity.com/reserve</a>	800-642-7131
TIAA	800-732-8353	<a href="http://www.tiaa.org/schedulenow">www.tiaa.org/schedulenow</a>	866-842-3519
PRUDENTIAL	919-602-8226	<a href="mailto:Christy.kelly@prudential.com">Christy.kelly@prudential.com</a>	866-627-5267





# INVESTOR CORNER

## CAPTRUST

## TIAA

## FIDELITY

### The Basics of Saving and Investing for Retirement

Figuring out the best investment strategy for your retirement savings can be challenging. There's no one-size-fits-all strategy, either in choosing an investment plan or using a management style.

CAPTRUST Financial Advisors share that it's a good idea to develop a personal strategy based on your age, life situation, risk tolerance, and other factors.

Below are a few other considerations advisors recommend considering when approaching your savings strategy choices.

- Importance of Saving
- Build Momentum
- Gauging Risk Tolerance
- Benefits of Roth Savings
- Finding the Best Fit

Check out this article from [CAPTRUST](#) to learn more about how to find the right sized savings strategy to fit your retirement goal.

### How Much Will I Need In Retirement

Predicting your cost of retirement, especially with so many unknowns ahead, may leave you wishing for a crystal ball. The sooner you get a sense of your retirement expenses—and have a strategy for meeting them comfortably—the more likely you are to look forward to the future with confidence.

Listed below are just a few common considerations TIAA shares to help you prepare.

1. **You do not have to do it alone**
  2. **Create a retirement 'vision' – and potential budget**
  3. **Take inflation into account**
  4. **Estimate your retirement income**
  5. **Consider other retirement savings**
  6. **Closing the gap**
- and more...

[Click here](#) to read the full article. Find other valuable TIAA tools and resources to help you pursue your retirement savings goals by visiting [TIAA.org/unc](http://TIAA.org/unc).

### Savings and Spending Check-Up

**Did you crack into your rainy-day fund?** 51% of participants don't have enough to cover a financial emergency.

Fidelity recommends having three to six months of expenses saved for a financial emergency. Start by setting aside a little at a time; but you don't have to get there overnight. Fidelity recommends using the 50/15/5 rule.

- 50% or less of your income should go to essential expenses,
- 15% to retirement savings, and
- 5% to short-term savings.

As long as you stay within those guidelines, the remainder is yours to save or spend as you see fit. Want to put the extra away for future retirement needs? Consider a [UNC Supplemental Retirement Plan](#) to get you started on saving more.

Visit Fidelity's [Saving and Spending Check-up](#) tool for more information on the 50/15/5 rule.

## Engagement Corner

Various retirement readiness resources and tools will be provided each month to help you learn more about how to live a financially well life, save more toward a comfortable retirement future, and gain additional knowledge on many other key retirement topics (Social Security, Medicare, etc.). We encourage you to take advantage of all available resources.

Register for live webinars and webcasts online at:

FIDELITY: [fidelity.com/webcasts](http://fidelity.com/webcasts)

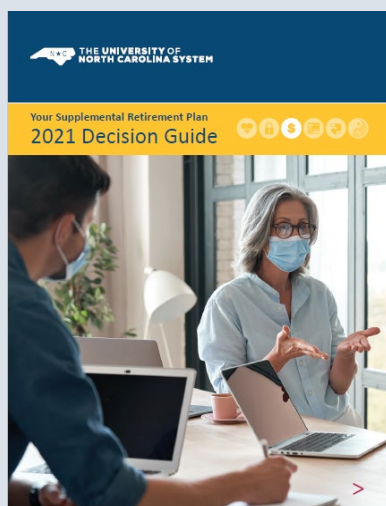
OR

TIAA: [www.tiaa.org/webinars](http://www.tiaa.org/webinars)

	Webinars and Webcasts
TIAA	Help boost your financial know-how with TIAA's live webinars. There is something for everyone including TIAA participants and guests with a variety of finance topics — Beginning to Save for Retirement (07/13), The Power of Saving (07/15), Money at Work 1 (08/17), Financial Housekeeping – now or later (08/19), and more.
FIDELITY	Fidelity will be hosting live web workshops during the third quarter to help participants with preparing for future financial needs. Fidelity will cover topics that touch on <a href="#">Invest Confidently for Your Future</a> (08/26) as well as <a href="#">Get Started and Save for the Future</a> (09/21).
CAPTRUST	Attend CAPTRUST's financial webinar, <a href="#">Retirement Income</a> (08/18), to help identify various income options you might have as well as how they work and how to prepare for the unexpected.

## Resources Center

Below are just two of many great resources available to assist with educating, preparing, and getting you started down the path to future financial wellness.



### Frequently Asked Questions

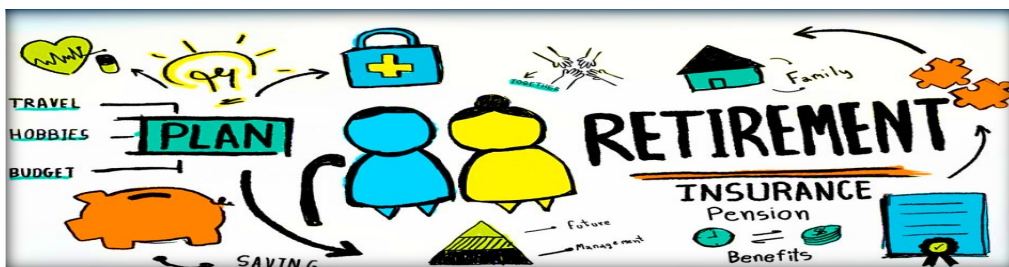
What does it mean to continue participation in a “like retirement plan” to vest me in the value of the University contributions and earnings?

“Like Retirement Plan” means a retirement plan of an institution, organization, or system of higher education or health care, in each case in which the individual participates through one or more annuity contracts of an insurance company, or through the purchase of one or more investment funds of a plan approved mutual fund company, with whom the individual participated in the UNC ORP, or which they could have participated in had participation continued in the UNC ORP.

### Disclaimer

The information in this newsletter is general in nature and may be subject to change. Neither the University of North Carolina (UNC), Prudential Retirement, TIAA, Fidelity Investments, nor any of their agents, can give legal or tax advice. Applicable laws and regulations are complex and subject to change. For legal and tax advice concerning your situation, you should consult your attorney or tax adviser.

For more information about any of the authorized supplemental retirement, carriers or their products, including investment options or charges and expenses, please contact a company representative for a prospectus. Please read the prospectus carefully before selecting a carrier or investment option. In the event of a conflict between this guide and the Plan documents, the Plan documents will take precedent. UNC System reserves the right to amend the Plan documents.



### ARE YOU ON TRACK?

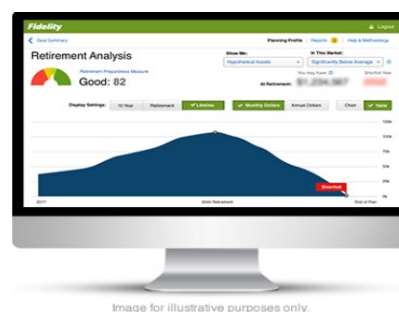
TIAA and Fidelity have great tools available to provide you with a clear picture of your current retirement savings. Take action to see if you are adequately preparing for your long-term goals.

**ARE YOU ON TRACK?**  
Are your long-term savings and retirement plans on track, or could they use some course corrections? Use this tracker to see if your retirement savings are on track.

Current Age: 31  
Desired Retirement Age: 65  
Current Salary: \$ 60000  
Savings So Far: \$ 15000  
Current Contributions: 3 %

Choose Your Future Lifestyle:

- The Simple Life (50% of salary)
- Stay the Course (70% of salary)
- Dreaming Big (80% of salary)



### Need a Retirement Blueprint?

CAPTRUST has many great financial calculators to help you see where you stand with your future financial goals. Visit [www.captrustadvice.com](http://www.captrustadvice.com) or call 800-967-9948 to talk with a certified Financial Counselor to create your future financial “Blueprint”.



**Start Saving For Your Future Today!**

More resources available at:  
<https://myapps.northcarolina.edu/hr/benefits-leave/retirement/>,  
or contact the approved carriers directly.