



Photo of: Currituck Sound, NC



"I believe that through knowledge and discipline, financial peace is possible for all of us." – Dave Ramsey

National Financial Literacy Month

April is **National Financial Literacy Month (NFLM)**, the perfect time to learn more about managing your finances. While some financial challenges might be out of your control, financial planning can equip you to handle whatever comes your way. Financial literacy empowers you to make good financial decisions. The more informed you are, the greater your chances of obtaining financial success. Below are two easy steps to get you started on becoming more financially astute.

Step 1: Assess your current situation.

An easy way to assess your financial literacy is to ask yourself some questions about your own personal finances.

- Do you know how to create a personal budget?
- Do you have an emergency fund that covers at least three months of basic living expenses?
- If you have debt, do you have a plan to pay it off?
- Do you have a plan for retirement?

Step 2: Improve your financial literacy NOW.

There are a few action items we all can do now to take control of our finances and improve our financial knowledge.

- Create a personal monthly budget
- Start an emergency fund
- Make a plan to get out of debt
- Create specific future/retirement goals

While many of these actions may seem out of reach, working with a financial advisor can help you gain control, feel more confident, and become financially empowered. Financial professionals with [CAPTRUST](#), [FIDELITY](#), AND [TIAA](#) are available to help you become financially empowered. Don't delay! Act today to increase your financial literacy.



DON'T BE SCAMMED

Vigilance against scammers has heightened as security firms notice an increase in fraudulent investment solicitation and hacking during global unrest. Scammers reach out via email, text, or phone posing as representatives of a well-known company or government agency. These unscrupulous promoters use current global and economic challenges to convince investors to give access to their personal computers or mobile devices and make recommendations of transferring retirement funds to “better” investment opportunities.

Using the following tips can help increase your awareness and can help reduce focus of the ever-watchful eye of scammers from targeting you.

1. Be a hall monitor: Be sure to monitor your accounts (brokerage, banking, and credit) to spot potential fraudulent or suspicious activity. Contact your financial advisor, banking institution or credit issuer IMMEDIATELY if you notice questionable transactions or charges.
2. Secure Your Locker: Don't allow access to your personal device(s) or share confidential information with anyone who makes unsolicited contact with you. Make sure to set up multilayer account access and keep your passwords updated and protected.
3. Do your homework: Ask for the solicitor's name, firm, and contact information. Investigate both the background of the person and firm offering investment advice and opportunities. Report the scam to the Federal Trade Commission (FTC) [online](#) or by phone 877-382-4357

Visit [TIAA](#) and [FIDELITY](#) for additional information and ways to secure your investment accounts. For additional information on scams, visit [Federal Trade Commission – SCAM Alerts/](#).



Build a retirement income plan that will last

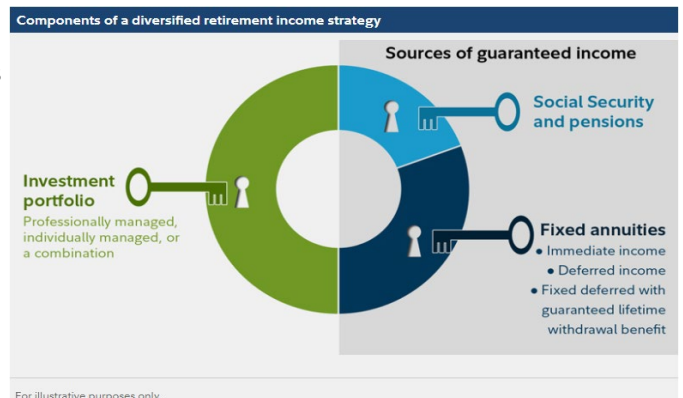
With today's technological advances and increased mindfulness on health and wellbeing many are living longer and healthier life spans. Today's retirees are more likely than previous generations to have an active retirement lifestyle.

So, what are the keys to building a retirement income plan that can last? Fidelity shares that you should build income plans with guaranteed income, growth potential and flexibility in mind. They believe a solid retirement income plan should provide:

- Guarantees to ensure core expenses are covered
- Growth potential to meet long-term needs and legacy goals
- Flexibility to refine your plan as needed over time

Read more about these three essential building blocks for building a retirement income plan by visiting [Fidelity's Viewpoints](#) articles online. Also consider working with one of UNC Supplemental Retirement vendors to build your retirement income plan.

Fidelity ([schedule-a-meeting](#) or 800-343-0860) and TIAA ([www.tiaa.org/unc](#) or 855-400-4294)



University of North Carolina System Retirement Plans:
Plan Investment Review | Performance Summary
(for the period ending 12.31.2021)

Spring Cleaning – Post Pandemic Style

Spring is a time many begin to tackle projects like purging clutter to make room for something new or just freshen up the look of a space through reorganization and deep cleaning. Spring cleaning should go beyond the living space – spring clean your finances too. Below are a few tips to assist with your financial spring-cleaning:

1. **Refresh your budget:** Pre and Post pandemic budgets look very different. Take time to evaluate your post pandemic cash flow and spending. Discover ways to reduce spending on essentials and slowly sweep excess (non-essential) spending out the door. Use the new information to update your budget and set new financial goals – long and short term.
2. **Dust off account information:** Take time to clean up your financial accounts (investment, banking, and credit). Review your accounts to update your beneficiary and personal information periodically.
3. **Repair Rainy Day Funds:** The pandemic forced many to tap into their emergency funds due to layoffs, reduced work hours, forced time off due to sickness, and global cost inflation. Now that we are slowly moving into a post pandemic era, it is a great time to reevaluate your savings and reestablish setting aside funds for your savings to repair the heavy dent COVID may have caused on your rainy day funds account.
4. **Do an investment scrub:** Take time to meet with a financial advisor to do a thorough review of your retirement accounts. Review your account(s) performance and discuss your portfolio allocations to stay in line with your future financial goals.



Financial spring cleaning doesn't have to be difficult. Contact a financial professional with [CAPTRUST](#), [FIDELITY](#), or [TIAA](#) to help gain the financial cleaning resources and tools needed to check off each item on your financial cleaning checklist.

"If you take control of your finances today, then you won't be a victim of them tomorrow."

— Emily G. Stroud

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	www.captrustadvice.com/unc	www.captrustadvice.com
FIDELITY	877-862-4032	www.fidelity.com/reserve	800-642-7131
TIAA	800-732-8353	www.tiaa.org/schedulenow	866-842-3519
PRUDENTIAL	919-602-8226	Christy.kelly@prudential.com	866-627-5267



INVESTOR CORNER

CAPTRUST

After Buildup, Russia Invades Ukraine

After weeks of buildup and anticipation, Russia launched a full-scale invasion on the Ukraine causing sharp pullbacks in the U.S. and global stock markets.

Russia's continued reaction and the global response will be key in determining the potential path and severity of the Russia-Ukraine crisis and the degree of instability it introduces across Europe and the rest of the world.

CAPTRUST continues to closely monitor the situation for potential impacts to the balance of risks within portfolios and investment strategy implications across asset classes.

Check out the full article from [CAPTRUST](#) to learn more about how global unrest impact financial markets.

TIAA

The Invasion of Ukraine: Investment Implications

As the Russia-Ukraine crisis continues to unfold, TIAA suggests investors to remain focused on their long-term goals but remain attuned to the potential shifts in and disruptions to inflation, growth, energy prices and global financial markets.

TIAA provides the following insights:

- Volatility is likely to persist and possibly climb
- Energy prices could spike further, driving inflation even higher
- The Fed is still likely to raise rates in March
- Sanctions shouldn't derail the global economy
- Investment views: Stay the course, focus on diversification, and continue rebalancing

[Click here](#) to read the full article from TIAA. Other valuable TIAA articles and resources can be found by visiting [TIAA.org/unc](https://www.tiaa.org/unc).

FIDELITY

Ukraine, the Fed, and Your Money

Fidelity takes a deeper look at how Ukraine, the Fed, and investors' money are affecting each other during this current crisis.

A few takeaways shared by Fidelity are:

- The Federal Reserve will move forward with plans to raise interest rates in hopes to slow inflation.
- The Fed will monitor how the US economic data, the Ukraine war, and economic sanctions against Russia may affect US inflation.
- The Fed's interest rate policy affects stocks, bonds, and consumer loans, and market volatility may increase as rates rise.

[Click here](#) to read the full article from Fidelity. Other valuable Fidelity articles and resources can be found by visiting [Fidelity Investments](#) website.

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

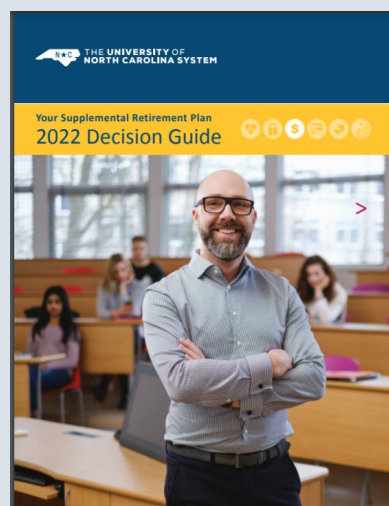
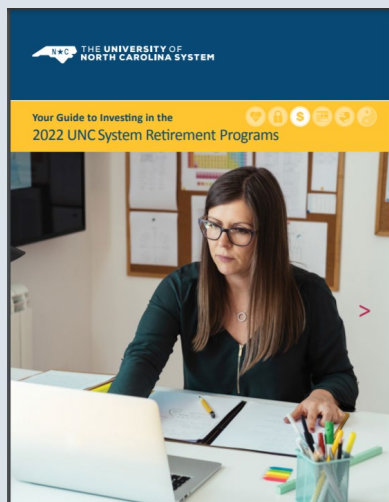
OR

TIAA: 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 — Inside Money: Managing Income and Debt (04/14) , Discover the power of financial well-being (05/11) , Help protect your family and your money (06/16) , 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 financial topics that touch on financial topics like - Take the First Step to Investing (04/14) , Get Started and Save for the Future You (05/11) , Manage Unexpected Events and Expenses (6/23) , and more.

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

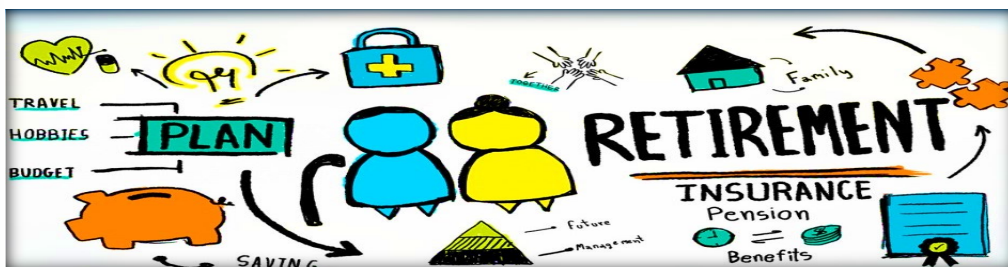
Q: I was reviewing my ORP account on the ORP vendor website and noticed my account doesn't reflect that I am vested. I have been with the UNC System more than 5 years. Is something wrong?

A: Rest assured, this does not mean there is an error on your account. Currently, the UNC System Office does not review and change vesting status until after an employee separates or retires from employment, even when you reach 5 years of contributory service for vesting. If you have questions regarding your vesting status, contact your University's Benefits Administrator.

Disclaimer

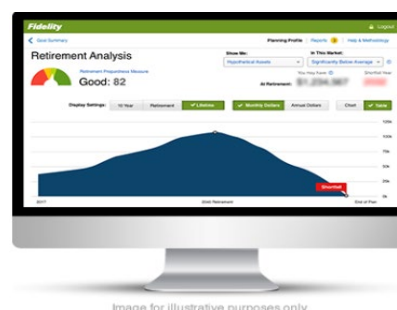
The information in this newsletter is general in nature and may be subject to change. Neither the University of North Carolina (UNC), Prudential Retirement, TIAA, Fidelity Investments, nor any of their agents, can give legal or tax advice. Applicable laws and regulations are complex and subject to change.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

A screenshot of the "ARE YOU ON TRACK?" calculator interface. It includes input fields for Current Age (31), Desired Retirement Age (65), Current Salary (\$60,000), Savings So Far (\$15,000), and Current Contributions (3%). Below these fields are three lifestyle options: "The Simple Life (60% of salary)", "Stay the Course (70% of salary)", and "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 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.