



Photo of: Topsail Beach, NC



“Don’t simply retire from something; Have something to retire to.” – Harry Emerson

Retirement Planning: Back to the basics!

Retirement can be an opportunity to make big changes and live out dreams shelved due to working demands. The looming question many have is - Can I afford to live my retirement dream? Provided you take time to properly plan, building a financial cushion that will support a comfortable, fun, and secure retirement is achievable.

Inflation is affecting most households regardless of age or earnings. Managing your financial well-being today while saving for the future can be a challenge. You can take control and remove the challenges by understanding the three basic sources of income needed in your retirement planning toolbox.

1. Your employer retirement plans (TSERS or ORP) are the first basic tools key to retirement planning. Your employer retirement plan will provide approximately 45% - 50% of your pre-retirement income in retirement.
2. Don’t forget about Social Security! While it is not a secret, many forget that Social Security will provide approximately 30% - 40% of your pre-retirement income. The SSA “[Retirement Estimator](#)” is a great resource that incorporates past earnings and projected future earnings to provide a future Social Security retirement benefit estimate.
3. Last but not least, the final basic tool needed to help fill the pre-retirement income gap can be found through your individual sources of income. Individual sources of income can be funds in your supplemental retirement plans and/or personal savings accounts (e.g., savings accounts, CDs, IRAs, etc.). Maximizing savings through these other sources can go a long way to enhancing your financial stability and living out your dream in retirement.



Start with the basics in your retirement planning tool box to regain control of your financial future and become financially empowered to achieve your retirement dreams. Working with financial professionals with [CAPTRUST](#), [FIDELITY](#), AND [TIAA](#) is a great first step to help you regain that control. Don’t delay! Contact a professional today to help build the financial income needed to live out your retirement dream.

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 and return one of the following forms to your University Benefits Administrator:

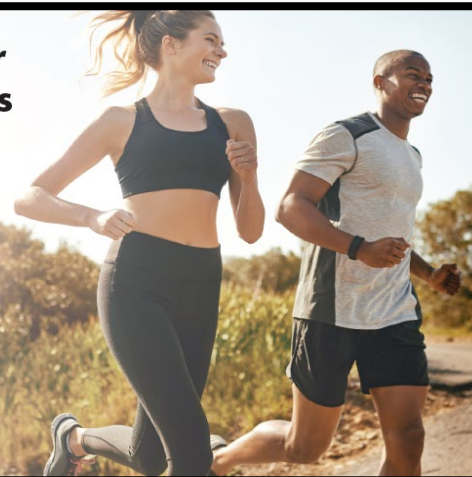
- [UNC 403 \(b\) Salary Reduction Agreement](#)
- [UNC 457 \(b\) Salary Deferral Agreement](#)

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



Don't let market volatility get you over heated

It is understandable that many are feeling over heated with anxiety with the recent market volatility, but it is important to keep your eyes focused on the horizon. Market volatility is a good reminder to review your long-term plan and consult with a financial professional to ensure your financial portfolio is set up to meet your long-term goals. Just remember, stay cool and don't veer off course.

Perform annual or semi-annual portfolio performance reviews to help build your confidence needed to reduce financial anxiety. Frequent discussions with your financial advisor can ensure your portfolio has a diverse investment line-up to meet your future financial needs, to include a few "market proof" investments.

Financial professionals are available to help you find rest in the shade of a good future financial plan. Contact [Fidelity](#) ([schedule-a-meeting](#) or 800-343-0860) or [TIAA](#) (www.tiaa.org/unc or 855-400-4294) to build a good financial plan today.



University of North Carolina System Retirement Plans:
Plan Investment Review | Performance Summary
(for the period ending 03.31.2022)

Clear the haze, make your wishes clear

When was the last time you checked your retirement or supplemental retirement account(s) to verify listed beneficiary(ies) and personal information are up to date? Designating beneficiaries is an important and personal decision and keeping them updated as life changes is key to securing your intent. Keeping your beneficiaries updated will help clear the haze on your intent and help you feel confident that your loved ones will receive the assets you intend for them to have.

Updating beneficiary information on your retirement accounts only takes a few minutes and can be completed by simply logging into your online retirement account. Take time to periodically review and update your personal information as well as your beneficiary(ies) named on your plan, if applicable.

Don't delay! Clear the haze by acting now and confirm your retirement accounts are up to date. Stay in control of your account(s) and make your wishes clear.



“As in all successful ventures, the foundation of a good retirement is planning.”

— Earl Nightingale

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

TIAA

FIDELITY

Investment Planning: The Basics

Not educating yourself about which investments may be able to help you pursue your financial goals and how to approach the investing process is a mistake for any saver. CAPTRUST shares a few basics points you should become educated on as you pursue your financial goals.

1. Know the difference between Saving vs. Investing. Don't confuse the two and know they both have a place in your finances.
2. Understand why you should invest and how much to reach your goals.
3. Know the best way to invest as it can differ based on long-term and short-term goals.
4. Remember before you start you should organize your finances to help manage your money more efficiently.
5. Understand the impact of time by taking advantage of compounding.
6. Always consider an expert financial advisors help.
7. Never forget to review your progress.

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

Five principles for a long-term investment strategy

TIAA shares that in addition to saving for your long-term goals, you should be investing, too. Below are five keyways to help pursue your long-term investing goals.

1. Match your investments to your goals: Know your goals, your time frame for achieving them, and how much risk you're willing to take as an investor.
2. Spread your 'eggs' among multiple baskets: Consider diversifying or spreading your savings across several asset classes.
3. Don't try timing the market: It's extremely risky, and even the most experienced investors get tripped up by it.
4. Set up a purchase plan – and stick with it: When you contribute regularly to a savings and investment account, like an account in your retirement savings plan at work, you're using dollar-cost averaging.
5. Keep tabs on your progress: At least once a year, take a fresh look at your portfolio.

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

Midyear \$ checkup: 5 things to review now

The summer is a good time to catchup on your to-do list. One way to do this is by taking stock of your finances with a midyear checkup.

Below Fidelity shares key things to do during your midyear review:

1. Review your financial goals—and the investments that go along with them—to see if anything needs to change.
2. Get a tax break by saving in tax-advantaged accounts.
3. Protect yourself and loved ones with insurance and important legal documents such as wills, health care proxies, and more.

[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

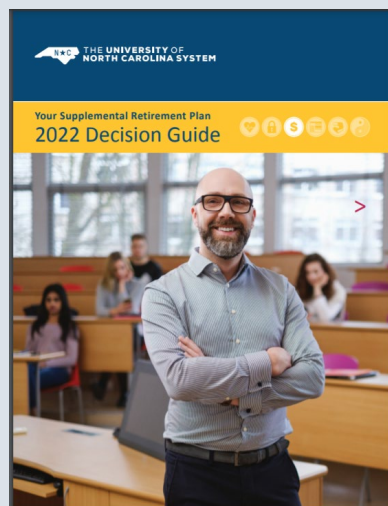
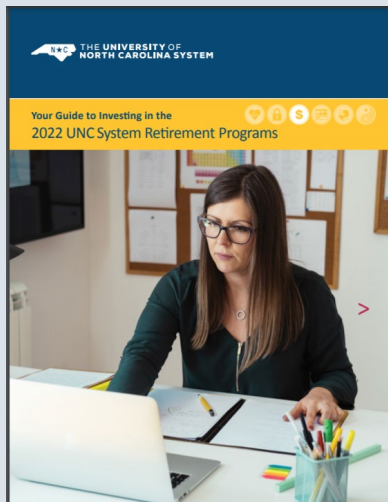
OR

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 — Within Reach: Transitioning from career to retirement (07/19) , Discover the power of financial well-being (08/17) , 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 - Navigating Market Volatility (07/19) , Make the Most of Your Retirement Savings (08/11) , Get Started and Save for the Future you (09/07) , 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 have heard the state (NC) 403b plan through Prudential was discontinued. How did this impact the supplemental retirement plans, UNC 403b and UNC 457b, offered by the University?

A: The changes to the state (NC) 403b plan did not affect the UNC Supplemental 403(b) or UNC Supplemental 457 (b) plans. Those participants impacted by this change to the state plan have been notified by the NC Total Rewards program and provided instructions on next steps.

Disclaimer

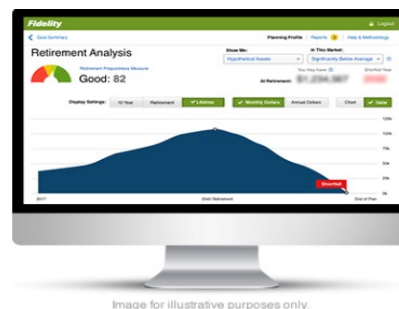
The information in this newsletter is general in nature and may be subject to change. Neither the University of North Carolina (UNC), Prudential Retirement, TIAA, Fidelity Investments, nor any of their agents, can give legal or tax advice. Applicable laws and regulations are complex and subject to change. 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 a web-based tool titled "ARE YOU ON TRACK?". It asks the user to see if their long-term savings and retirement plans are on track. The tool 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 icons representing different future lifestyles: "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!