

# Building for your retirement

Your future's already taking shape.



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# Your future is taking shape with the NSHE Medical Resident/Postdoctoral Scholar Retirement Plan.

This plan is an important building block for your future. But you have to actively be involved to make the most of it. In the information provided, you'll learn more about:

- How to enroll in the plan
- What the plan offers
- Which investment choices are available
- Who to go to for advice
- What your next steps are for building your retirement savings

As your employer, NSHE hopes you'll use the retirement plan to build the kind of financial future you want and deserve.

For a quick overview of the NSHE Medical Resident/Postdoctoral Scholar Retirement Plan, visit [ttaa.org/NSHE](https://ttaa.org/NSHE).



# A relationship built for you

NSHE has collaborated with TIAA to provide a single point of entry to the NSHE Medical Resident/Postdoctoral Scholar Retirement Plan. TIAA is the sole recordkeeper for NSHE's retirement programs—it's a leading financial services organization for those in academic, governmental and research fields. Visit **tiaa.org** to learn more about TIAA's commitment to higher education and financial performance.



## Quick steps that can shape the future

You've started building already—you've have automatically been enrolled in the NSHE Medical Resident/Postdoctoral Scholar Retirement Plan. NSHE contributions and your contributions (6.2% each) will begin on your first paycheck. Take a few more steps to establish your account, invest your contributions and name your beneficiaries by visiting **tiaa.org/NSHE**. Once you select *Ready to Enroll*, follow the on-screen instructions to:

- Select your investments
- Name your beneficiaries

If you have an existing account with TIAA from a prior employer and are unable to establish your NSHE account, please **call TIAA at 800-842-2252**.

Consider saving even more with the NSHE Supplemental 403(b) Plan. See page 8 for details on how to get started.

## Need help?

Building for your future sometimes means you need an overall financial plan. TIAA is here to help. To meet with one of their financial consultants, visit **[tiaa.org/schedulenow](https://tiaa.org/schedulenow)** to schedule an appointment or call **800-732-8353**, weekdays, 5 a.m. to 5 p.m. (PT).

Appointments are available on campus, virtually or in a TIAA office in Las Vegas or Reno.

### Don't forget

As a NSHE employee, you do not pay into the Social Security system and will not earn Social Security credits. However, you may still qualify for Social Security benefits based on other employment or under provisions of the Social Security Fairness Act. For more details, refer to Form SSA-1945.

# Build a foundation with NSHE Medical Resident/Postdoctoral Scholar Retirement Plan

The building blocks of your future begin with understanding the NSHE Medical Resident/Postdoctoral Scholar Retirement Plan. Below are some key features of the plan and things you should know as you plan out your retirement future.

## Eligibility

The NSHE Medical Resident/Postdoctoral Scholar Retirement Plan is mandatory for all employees engaged in a program for medical residency training or postdoctoral scholarship.

## Employee contribution

You contribute 6.2% of your salary<sup>1</sup> on a pretax basis.

## NSHE's contribution

NSHE also contributes 6.2% of your pretax salary.

## Vesting

You're immediately vested 100% in both the NSHE contributions and your contributions.

## Investment options

The plan offers a variety of investment options designed for all types of investors. See pages 10 and 11 for details and to determine what type of investor you are.

## Rollovers

Rollovers into the NSHE Medical Resident/Postdoctoral Scholar Retirement Plan aren't allowed. However, you may roll over money from a previous employer's retirement plan into the NSHE Supplemental 403(b) Plan. See page 8 for more information.

## Fees

NSHE has negotiated the lowest investment management fees (i.e., share class) possible for the mutual funds in our retirement plan. We also offer a competitive and transparent fee structure for administrative fees. For more information, go to [tiaa.org/NSHE](https://tiaa.org/NSHE) and see the *NSHE Fee Flyer* under the *Notifications* section by scrolling down on the main page.

## Portability

Your account is fully portable, and distributions are available after you terminate employment with NSHE. Distribution options include rolling over to another qualified retirement plan or to an individual retirement account (IRA). Or you may take a cash withdrawal—taxes and penalties may apply. Contact TIAA or consult your own advisor for more information.



### About your contributions

**All plan participants contribute 6.2% of their salary, with a maximum salary cap of \$350,000.**

<sup>1</sup>Annual contributions to the NSHE Medical Resident/Postdoctoral Scholar Retirement Plan may not exceed 100% of your pay or the current annual IRS limits, whichever is less.

# Want to build more? The NSHE Supplemental 403(b) Retirement Plan may help.

The NSHE Supplemental 403(b) Plan allows you to put away additional money for your retirement savings—up to the IRS limit.<sup>2</sup> In the NSHE Supplemental 403(b) Plan, you can save on a pretax or after-tax (Roth) basis, and you have access to the same investment options as the NSHE Medical Resident/Postdoctoral Scholar Retirement Plan

## To begin supplemental savings, you need to complete two steps:

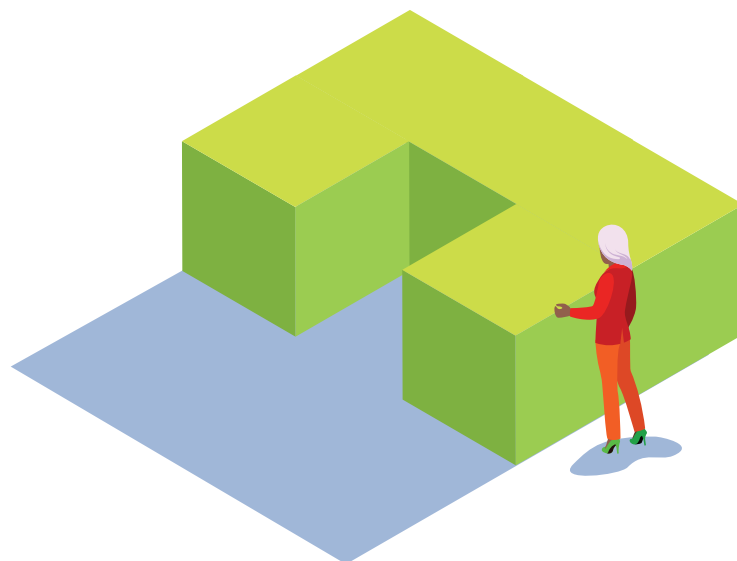
### STEP 1

#### **Initiate your contribution amount.**

Log in to your Workday account at **[www.myworkday.com/NSHE](http://www.myworkday.com/NSHE)** to initiate your salary deferral or make changes. You may elect a fixed amount or percent of pay.

### STEP 2

**Establish your account.** Visit **[tiaa.org/NSHE](http://tiaa.org/NSHE)** and click *Ready to Enroll*. Select the radio button titled *NSHE Supplemental 403(b) Plan* and follow the on-screen steps.

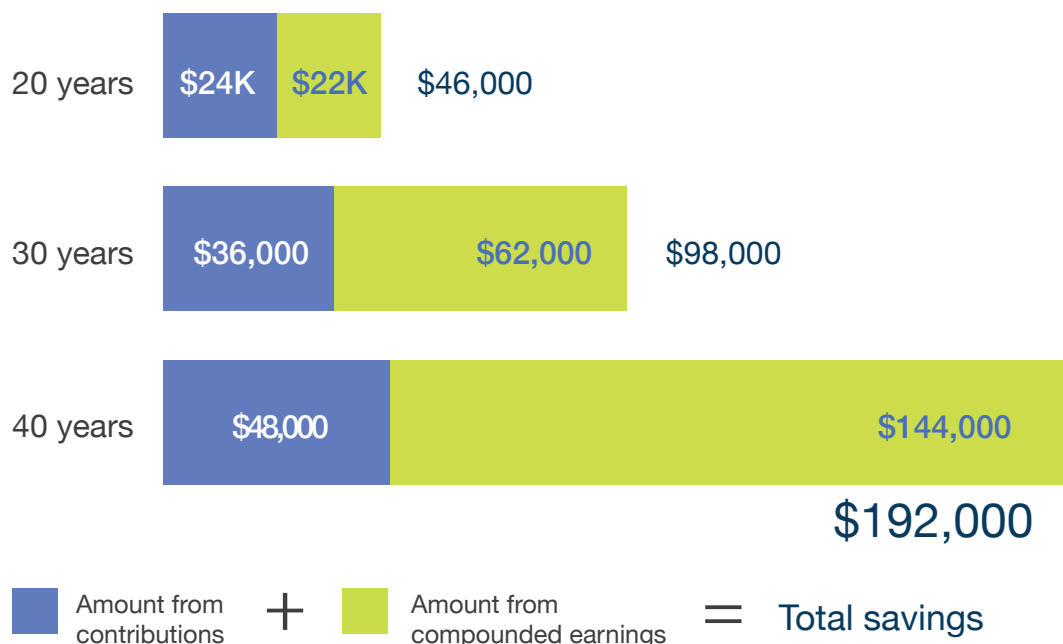


<sup>2</sup> Go to [irs.gov](http://irs.gov) for the latest yearly contribution limit.

# Why save more?

No matter where you are in your career, saving a bit more for retirement over 20, 30 or even 40 years can add up.

## How saving \$100 a month adds up over time



The above illustration is intended to show a hypothetical example of the principle of compounding. The example does not include the impact of any investment fees, expenses or taxes that would be associated with an actual investment. If such costs had been taken into account, the results shown would have been different. It also does not factor in market volatility. It assumes a 6% return, which is purely hypothetical and not intended to predict or project the actual performance of any account. All figures are rounded to the nearest thousand. Actual returns will vary.

## More ways to save

Considering you may need 80% of your annual preretirement income<sup>3</sup> for a comfortable lifestyle in retirement, you can also consider doubling your contributions. Because NSHE is a public entity and not a private employer, you can contribute an additional amount of money to the Nevada Deferred Compensation 457(b) Plan, up to the IRS limits.<sup>4</sup> Need more information? **Visit [defcomp.nv.gov/](https://defcomp.nv.gov/) to learn more.**

<sup>3</sup> Morningstar. "How much should I have in my 401(k)," Jan. 2023.

<sup>4</sup> Go to [irs.gov](https://irs.gov) for the latest yearly contribution limit.

# What block fits with your plan?

## The NSHE tiered investment menu gives you choices.

When you're building for the future, you always have options. Do you prefer to step back and let financial professionals handle your retirement investing strategy? Or do you have the skills and desire to select your own investments?

Savvy investing begins with an in-depth understanding of your investment style and long-term goals. Think about the level of involvement you're comfortable with, and select the option that works best for you.



### Tier 1

For those who prefer an investment professional to do it all for them.



### Tier 2

For those who want to be involved. Create a retirement portfolio that's aligned with your goals.



### Tier 3

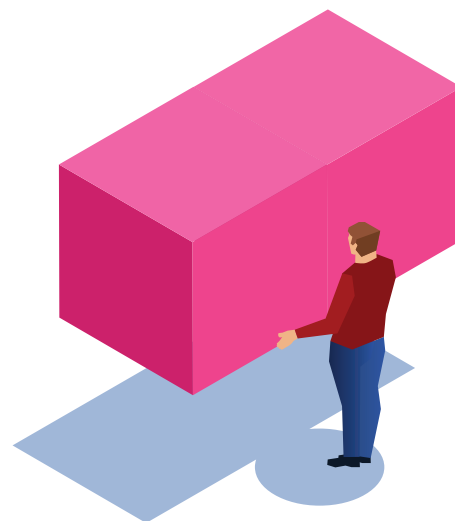
For the investment-savvy who want to do it all themselves—and want the flexibility of a brokerage account.

## Want more details on the investment options in this plan?

Visit [tiaa.org/NSHE](https://tiaa.org/NSHE) and click on the *Investment options* tab. Here you'll find all your investment options, performance information and fund fact sheets.

Overwhelmed with all the options? TIAA is here to help! To meet with a financial consultant, visit [tiaa.org/schedulenow](https://tiaa.org/schedulenow) to schedule an appointment or call **800-732-8353**, weekdays, 5 a.m. to 5 p.m. (PT).

Appointments are available on campus, virtually or in a TIAA office in Las Vegas or Reno.



## Tier 1 – Target date funds

**For those who prefer an investment professional to do it all for them**, Vanguard Target Retirement funds<sup>5</sup> are available for you. Each fund invests in a broad mix of index funds to provide a diversified portfolio. Simply select the fund most closely matching your anticipated retirement year. The funds' manager gradually shifts each fund's asset allocation to fewer stocks and more bonds, so the fund becomes more conservative the closer you get to retirement.

As with all mutual funds, the principal value of a target-date fund isn't guaranteed at any time, even at the target date. Note: The target date represents an approximate date when investors may plan to begin withdrawing from the fund.

<sup>5</sup> NSHE Retirement Plan Alternative (RPA) includes Vanguard Target Retirement Trust Plus. All other NSHE retirement plans include Vanguard Institutional Target Retirement Funds. If you don't actively select your investment(s), your assets will be directed automatically to the NSHE Retirement Plan Qualified Default Investment Alternative, which is the Target Retirement Fund based on the date closest to when you turn age 65.

Target date funds share the risks associated with the types of securities held by each of the underlying funds in which they invest. In addition to the fees and expenses associated with these funds, there's exposure to the fees and expenses associated with the underlying mutual funds as well.

## Tier 2 – Core lineup (Build your own)

**For those who want to be involved**, this tier provides you with the investment choices to create a retirement portfolio aligned with your investment preferences and goals. If you wish to create your own diversified investment mix, you may consider starting with the funds in this tier. The plan's core investments are monitored by NSHE's Retirement Plan Advisory Committee and can be combined to create a balanced portfolio designed to suit your goals. You may work with a TIAA financial consultant for assistance in building your portfolio. It's recommended to review and rebalance your investment allocations annually.

## Tier 3 – Self-directed brokerage window

**For the investment-savvy who want to do it themselves** and would like the flexibility of a brokerage account, the self-directed brokerage may be appropriate for you. This tier provides flexibility beyond the core offering of funds. A self-directed brokerage account is not appropriate for everyone. Additional fees may apply, and NSHE doesn't monitor the funds offered through the brokerage window.

Some securities may not be suitable for all investors. By opening a brokerage account, you'll be charged a commission on all transactions and other account-related fees in accordance with the TIAA Commission and Fee Schedule. Visit [tiaa.org/sda\\_caa](https://tiaa.org/sda_caa) for a complete list of commissions and fees. Note: The mutual fund transaction fees have been waived for NSHE account holders. Other fees and expenses apply to a continued investment in the funds and are described in the fund's current prospectus. The brokerage account option is available to participants who maintain both a legitimate U.S. residential address and a legitimate U.S. mailing address. TIAA does not offer investment advice for brokerage investment options.

# Shaping your future with a trusted professional

When building your unique future, you can get personalized advice<sup>6</sup> from a TIAA financial consultant as part of your retirement plan at no additional cost to you. TIAA's advice is designed to help you answer these important questions:

## Am I on track to reach my retirement savings goals?

TIAA will help you analyze how your investments are performing and determine if you're saving enough to help meet your needs.

## Which combination of retirement plan investments is right for me?

Get assistance picking the right investments, diversifying properly and allocating contributions to balance your need for growth potential with your tolerance for risk.

## How can I meet my income needs in retirement?

Get help determining the amount you'll need to meet your retirement income goals.

<sup>6</sup> Advice is obtained using an advice methodology from an independent third-party.



# Building your future with NSHE

Your future's already taking shape, and you've chosen a great place to work! Our benefits allow you the flexibility to achieve your financial goals. We're all at different building stages of our careers, and sometimes deciding on the next steps can be the hardest. Here are suggestions of what to do next as you advance your career at NSHE:

## I'm just starting my career.

Beginnings are exciting. Take this opportunity to help build a strong foundation by:

- ☐ **Designating your beneficiary for this plan**—your loved ones will thank you in the long run.
- ☐ **Understanding your financial debt**—especially student loans.  
Visit [tiaa.org/nshe/student](https://tiaa.org/nshe/student) for more information on student debt relief.
- ☐ **Contributing to the NSHE Supplemental 403(b) Retirement Plan**—starting early means you'll probably have more at retirement. Don't forget you can make pretax and after-tax (Roth) contributions too. Using Workday, you can contribute a percentage of your salary or a fixed amount. And you can start, change or stop your contributions at any time.
- ☐ **Scheduling an appointment with one of our financial consultants**—finding money to save and managing your retirement plans all at the same time is hard. Let our trusted professionals help you take these early steps to set yourself up for success. Visit [tiaa.org/schedulenow](https://tiaa.org/schedulenow) to schedule an appointment, in person or virtually.

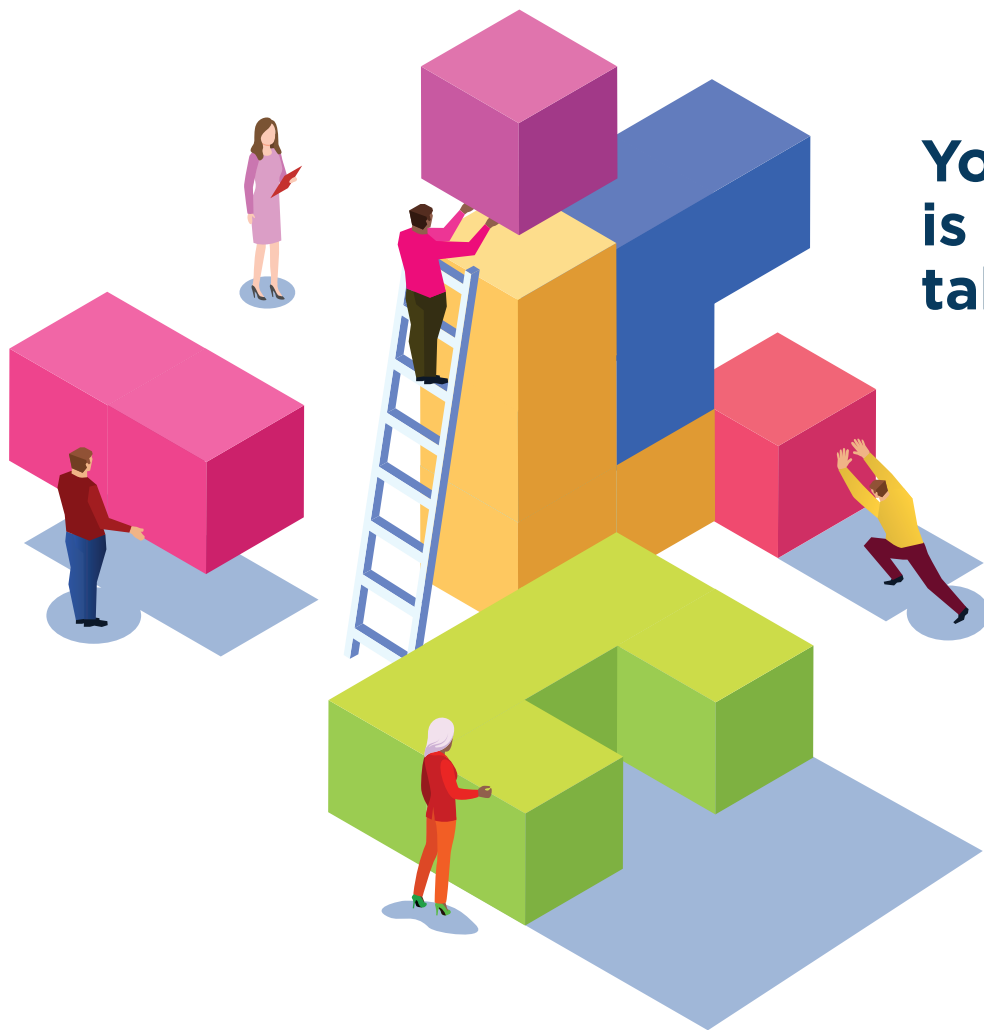


## I'm in the middle of my career.

You are balancing and building all life has to offer. Take this opportunity to check in to make sure your financial goals are on track by:



- ☐ **Designating your beneficiary for this plan**—your loved ones will thank you in the long run.
- ☐ **Building an emergency savings fund**—life and the unexpected go hand-in-hand when you embark on things like homeownership, raising children or taking care of elder relatives. Make sure you're prepared for those events by having three to six months' worth of living expenses available.
- ☐ **Contributing to the NSHE Supplemental 403(b) Retirement Plan**—don't put off saving more for the future. Using Workday, you can contribute a percentage of your salary or a fixed amount. And you can start, change or stop your contributions at any time.
- ☐ **Scheduling an appointment with one of our financial consultants**—these years are sandwiched between a lot of financial obligations. Let our trusted professionals help you stay on track for the future. Visit [tiaa.org/schedulenow](https://tiaa.org/schedulenow) to schedule an appointment, in person or virtually.



**Your future  
is already  
taking shape.**

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Distributions from 403(b) plans before age 59 ½, severance from employment, death, or disability may be prohibited, limited, and/or subject to substantial tax penalties. Different restrictions may apply to other types of plans.

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**You should consider the investment objectives, risks, charges and expenses carefully before investing. Please call 877-518-9161 or go to [tiaa.org/](https://tiaa.org/) prospectuses for current product and fund prospectuses that contain this and other information. Please read the prospectuses carefully before investing.**

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Get started. Call **800-842-2252** or visit [tiaa.org/NSHE](https://tiaa.org/NSHE) | 15

# Ready for the future?

We're here to help. Contact TIAA.

## PHONE

Call TIAA at **800-842-2252**

Weekdays, 5 a.m. to 7 p.m. (PT).

## ONLINE

Go to **tiaa.org/NSHE**, click *Contact Us* in the upper-right side of the page.

## ONE-ON-ONE ADVICE SESSIONS

To meet with a TIAA financial consultant on your campus or at their offices in Las Vegas or Reno, call **800-732-8353**, weekdays, 5 a.m. to 5 p.m. (PT), or visit **tiaa.org/schedulenow** to schedule an appointment.

You may also contact the Retirement Plan Administration Director at **702-889-8426** or email **retirement@nshe.nevada.edu**.

