



FERS One-Day Mid-Career Retirement Planning

Recommended for employees who are a minimum of 5 years away from retirement. The emphasis of this course is to provide an understanding of federal benefits and encourage TSP investment and early retirement planning.

Morning

FERS Retirement Program 0730-0945

- Retirement Categories and Criteria
- Annuity Formulas & Calculations
- FERS Annuity Supplement
- Credit for Sick Leave
- Impact of Deposits (military, temporary and refunded service)
- When Can You Retire? (*group exercise*)
- Calculation of FERS annuity & supplement (*group exercise*)

Survivor Benefits 0945-1015

- Retirement Choices and Costs
- FERS Death Benefit
- Children's Benefits

Social Security 1015-1100

- Benefit Calculation
- Age Penalty
- Family Benefits
- Earnings Limitations

Thrift Savings Plan 1100-1130

- Contribution Limits
- Traditional & Roth TSP Comparison

Lunch 1130-1230

Afternoon

Thrift Savings Plan (Cont'd) 1230-1330

- Investment Funds
- Lifecycle Funds
- Market Adjustments
- How Much Do You Need to Save? (*group exercise*)
- Withdrawal Options
- Taxes & Penalties
- Death Benefits & Beneficiaries

Federal Employees Health 1330-1415

Benefit Program

- Eligibility
- Change Opportunities
- Requirements for Continuation
- FEHB & Tri-Care

Federal Employees Group Life 1415-1500

Insurance

- How Much Insurance Do You Have? (*group exercise*)
- Free Portion in Retirement
- Living Benefits
- Beneficiaries

Federal Long-Term Care 1500-1530

Program

- Eligibility & Terms
- Premiums
- When to Buy

Conclusion 1530-1600

- Retirement Planning Checklist
- References and Tools
- Evaluations