

# Cycles

Summer 2018 | For Retired URS Members

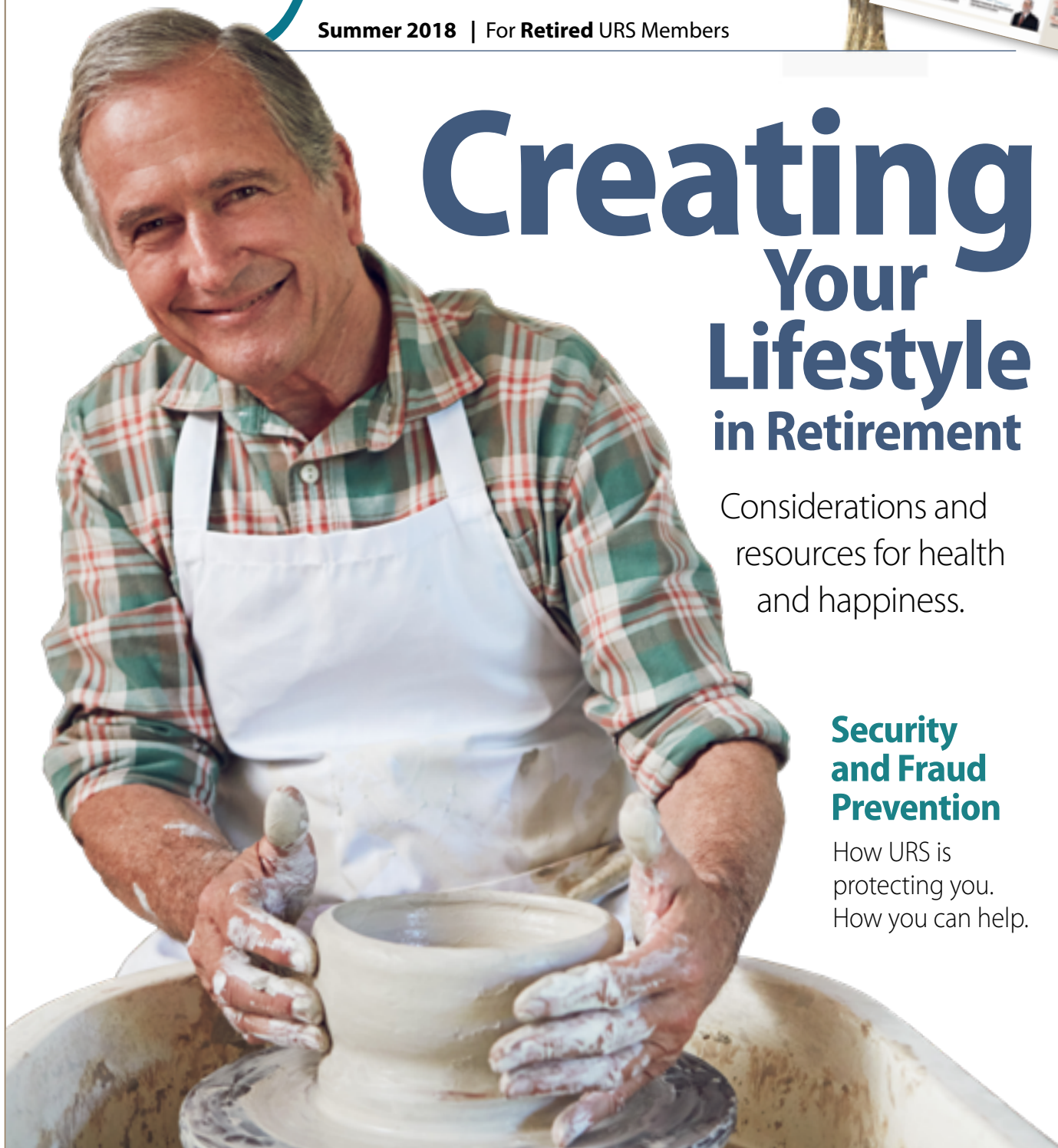


## Creating Your Lifestyle in Retirement

Considerations and  
resources for health  
and happiness.

### Security and Fraud Prevention

How URS is  
protecting you.  
How you can help.





## Getting Started

### In This Issue

#### Cover Story: Retirement Health & Happiness

» Tools and tips for creating a fulfilling retirement lifestyle.  
**Pages 4-5**

#### Security and Fraud Prevention

» What we're doing to protect your money and information and how you can help.  
**Pages 8-9**

#### What's the Deal With Statements?

» Why we send them and why you should care.  
**Pages 10-11**

## News & Reminders

### New in 2018: Roth Conversions Can't be Undone

Effective 2018, the IRS no longer allows conversions from a Traditional IRA or employer-sponsored plan to a Roth IRA to be reversed. Because you can no longer re-characterize such conversions, carefully consider the tax consequences first. Consult a tax advisor for more details.

### Divorce Will Revoke Your Ex as a Beneficiary

Under Utah law, as of July 1, 2017, a divorce or annulment will revoke your designation of a former spouse as a beneficiary for any URS benefit. To keep your former spouse as a beneficiary, add him or her at myURS after your divorce date.

### Getting a 'Raise' in Retirement

As the cost of living rises, so will your retirement payment. The Cost-of-Living Adjustment (COLA) for URS pension payments is calculated each year using the average CPI for the calendar year compared to the average CPI for the previous calendar year.

Many other state pension systems across the nation don't have a COLA, and those that do are often calculated less generously.

Your COLA goes into effect on the anniversary of your retirement date. You're eligible after your first year.

We calculate the yearly COLA toward the end of January. To see the COLA for this year and recent years, go to [www.urs.org/us/cola](http://www.urs.org/us/cola).



*Cycles is intended to provide general information about retirement, health, and other benefits. Nothing herein should be construed to establish, amend, enlarge, reduce, or otherwise affect any benefits, rights, responsibilities, or privileges. If there is a conflict between applicable law, plan provision, or contract and the contents of this newsletter, the law, plan provision, or contract shall prevail.*



**Utah Retirement Systems**  
560 East 200 South  
Salt Lake City, UT 84102-2021  
[www.urs.org](http://www.urs.org)

# We don't care if your look is out of date.

We just want to make sure your information isn't.

Even if your sense of fashion never changes, your personal information probably will. That's why you should review your **contact information** and **beneficiaries** at least once a year. Incorrect or outdated beneficiary information could delay your wishes or prevent us from fulfilling them. That's not groovy!

## Log in to myURS

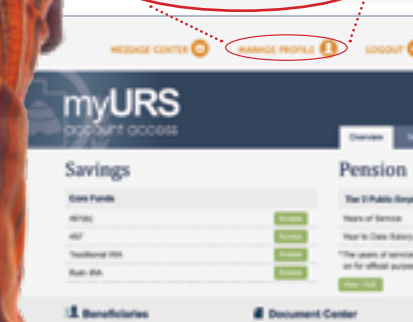
Go to [www.urs.org](http://www.urs.org) and click "LOGIN"

in the top-right corner. To create an account, you'll need your URS Account Number — a "W" followed by eight digits. If you have questions, call 801-366-7700 or 800-365-8772.

**LOGIN**



**MANAGE PROFILE**



## Click "Manage Profile"

It's the top-right corner of the myURS homepage. Next, choose "Beneficiaries" from the menu at left to make changes.



Cover Story » Retirement Health & Happiness

# This Look Familiar?

49 hours a week of TV.

It could be you if you're not proactive in creating your retirement lifestyle.



## Free Webinar: Retirement Health and Happiness



Want some tips for creating a satisfying lifestyle in retirement? Join us for a free webinar at **1 p.m., Thursday, August 9, 2018**. It explores the enormous personal and lifestyle challenges retirement may present and offers advice for creating happiness and health. Register at [www.urs.org/us/lifestyle](http://www.urs.org/us/lifestyle).

**H**ow are you handling the lifestyle challenges retirement presents? Retirees who don't actively seek meaningful ways to fill their time often find themselves awash in a sea of free hours. Studies show the importance of staying active and having strong social networks. What are you doing to meet the "ongoing, relentless effort in creativity" that retirement demands? See tools and tips at [www.urs.org/us/lifestyle](http://www.urs.org/us/lifestyle).

**49 HOURS**

Average time that retirees in the U.S. spend watching TV each week.  
Source: Nielsen's 2015 Cross Platform Report



Employees near retirement age enjoy an average of **22 high-quality** interactions every day.

Retirees average **11 low-quality** interactions every day.  
Source: TIAA survey

"What do you love to do? If you cannot figure it out, the consequences are severe. You'll do nothing. You'll sit, you'll be depressed."

*Hyrum W. Smith, author of Purposeful Retirement*

Retirees who engaged in **10 OR MORE ACTIVITIES PER WEEK**

**76%** reported being "very satisfied" with retirement.

Retirees who engaged in **1 to 4** activities per week **52%** reported being "very satisfied" with retirement.

Source: TIAA survey



The clearest benefit of social relationships comes from **helping others**. Those who helped their friends and neighbors were found to **live significantly longer**.

Source: Leisure in Retirement Beyond the Bucket List

**2 Big Questions** to answer about retirement  
**How will I spend my time?**  
**Who will I spend my time with?**

## Life in Retirement: Online Resources

[www.urs.org/us/lifestyle](http://www.urs.org/us/lifestyle)

Go to [www.urs.org/us/lifestyle](http://www.urs.org/us/lifestyle) for resources to help you plan for your retirement lifestyle and stay active and involved.

### VOLUNTEER OPPORTUNITIES

Serve your community through organizations such as Senior Corps.

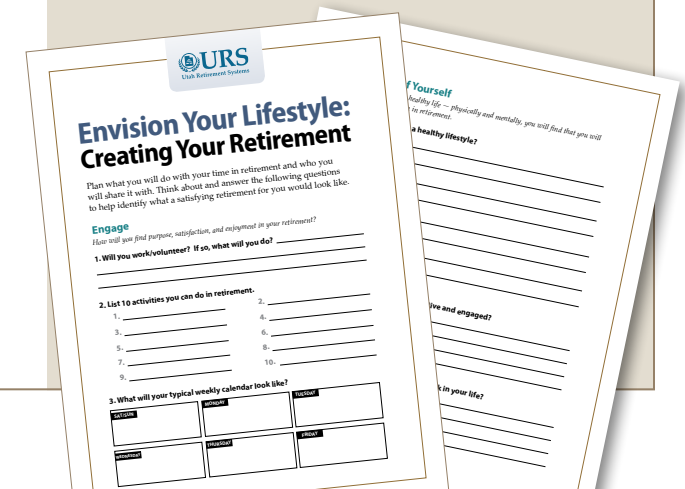
### LEARNING OPPORTUNITIES

If you're 62 years and older, you're eligible to audit classes at colleges and universities across Utah for as little as \$25 per term. Check out links to some of the top programs.

## Questionnaire

Take this questionnaire to help understand what you want out of retirement and how to get it.

[www.urs.org/us/lifestyle](http://www.urs.org/us/lifestyle)



# Working With an Outside Advisor? Why Not Talk to Us?

Is someone outside of URS advising you on your URS accounts?  
You can talk to us at any time about your benefits. **Here's how:**

## 1) Call or Visit URS

8 a.m. to 5 p.m., Monday through Friday  
**801-366-7720 | 800-688-4015**  
**560 East 200 South, Salt Lake City**

or...

## 2) Schedule a Session

*Free Retirement Planning Counseling*

Professional URS Retirement Planning Advisors offer **free**, one-on-one, retirement planning sessions.

### Log in to myURS

Click "LOGIN" in the top-right corner of [www.urs.org](http://www.urs.org).

### Click "Education"

It's in the top-right corner of the myURS homepage. Next, click "Individual Retirement Planning Sessions" from the menu at left.

## Remember...

- » **URS is a nonprofit trust. We have low fees, and our advisors never earn commissions.**
- » **You can keep your funds in URS Savings Plans during your retirement. You're never required to move your funds to another plan.**
- » **You can move money back to URS at any time.**

801-366-7720  
800-688-4015



**Be cautious of any financial planner who claims to be an expert on URS benefits or to be affiliated with URS. If you're not sure, call us.**



## Post-Retired Employment

# Plan to Work After Retirement?

Understand how it will affect your retirement benefit

**I**f you return to work for a URS participating employer after you've retired, make sure you understand how it will affect your pension.

Different standards apply depending on the length of time between when you retire and return to work. A brief overview is at right.

Rules for post-retirement employment are complicated. Call us at 801-366-7770 or 800-695-4877 to make sure your pension isn't in jeopardy.

## To Learn More

Find this "[Post-Retirement Employment](#)" brochure.

Or request a copy:  
[publications@urs.org](mailto:publications@urs.org).



## What Happens to Your Pension

*When you go to work for a URS-participating employer after your retirement date with URS...*

### Within 60 Days

Your retirement benefit will be canceled. You'll return to active status and earn additional service credit, if you're eligible.

### After 60 Days and Within One Year

Your retirement benefit will continue only if you meet these criteria:

- » You don't receive any employer provided benefits, including, but not limited to: medical, dental, paid time off, annual leave, sick leave, other insurance benefits, excluding workers' compensation.
- » Your salary is limited to the lesser of \$16,000 or half of your final average salary during a calendar year. If you exceed the earnings' limitation or receive benefits, your retirement benefit will be canceled.

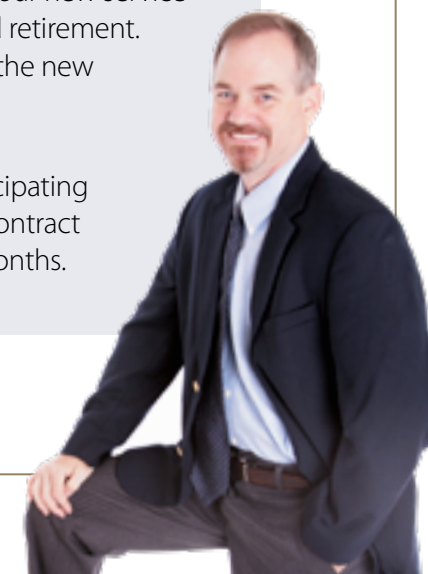
### After One Year

If you meet the separation requirement, you choose to either keep receiving your retirement benefit or to cancel your retirement benefit and earn additional service credit. If you choose the latter, a separate benefit will be calculated based on your new service and salary at the time of your second retirement. Your original retirement benefit and the new retirement benefit will be combined.

To meet the separation requirement, you must not work for any URS participating employer (including part-time and contract arrangements) for 12 consecutive months.

**Thinking About Returning to Work? Call Us First!**

**801-366-7770 or 800-695-4877**





## Security & Fraud Prevention

# How We're Protecting You And How You Can Help

As fraud becomes more common in our paperless society, it's important we work together to help protect your information and money. Here are some things we're doing and ways you can help.

## What URS is Doing

- » We're taking extra precautions to verify your identity when you call and when you log in to myURS.
- » We send an email or mail confirmation to verify certain transactions you request online or by phone.
- » We delay certain savings plans transactions for generally up to 14 days to help us verify authenticity.
- » We're working on new security and verification processes that may change the way you interact with us. Be prepared for changes.

**Our security measures may delay your transaction requests because of the need for additional authentication. Thank you for your patience and understanding as we work to protect your accounts.**



## What You Can Do

- » If you haven't already created a myURS account at [www.urs.org](http://www.urs.org), do so right away. This allows you to monitor your accounts and prevents fraudsters from creating an account in your name.
- » Log in to myURS frequently to double-check that everything is in order. Check your URS Statements each time you get a new one to verify that everything is correct (see Pages 10-11 for information).
- » Make sure we have your correct, current email address so you'll get notifications of transactions and changes to your account. Pay attention to any email or mail you get from URS. Let us know right away if you get notice about a transaction you didn't authorize.
- » When you call us, be prepared to verify your identity.
- » Protect your URS Account Number like you would your Social Security number. Secure your myURS username and password.
- » Beware of phishing scams. URS will never email you a link directly to your myURS login. Do not enter any of your personal URS information into any webpage that you loaded by following an email link.
- » Please call us if you receive an email about URS that you suspect didn't come from us.
- » Expect to provide additional documentation for life events such as name change after marriage.
- » If you're receiving any payments by direct deposit, make sure your bank account information is up to date to avoid delays.

## Need Help Creating a myURS Account?



This video has full instructions.  
[Watch now.](#)

**Be vigilant. If anything about your accounts doesn't seem right, call URS immediately.**



## Understanding URS Statements

# Statements & Questions

You may get them in the mail or see notifications about them in your inbox. What are URS Statements, why does URS produce them, and why should you care? This Q&A helps explain.

## How often do I get new URS Statements?

You get savings plans statements after each quarter.

## How do I access URS Statements?

- » Statements are available at myURS (log in at [www.urs.org](http://www.urs.org)).
- » Opt to receive your statements via mail or electronic notification. Manage your preferences at myURS (see below).
- » If you want paper, we'll mail the fourth quarter savings plans statement. The other three savings plans statements are available online only.
- » We send you an email every time a new statement is available.

## How do I change my paper delivery options?

Choose to receive your statements in the mail or to opt out of paper delivery. From the myURS homepage, click "Manage Profile" in the top-right corner. If you do not log in to your myURS account at least once each calendar year, you will be automatically opted into paper delivery.



**Important:** If you do not log in to your myURS account at least once each calendar year, you'll be opted into paper delivery.

## Why are these documents important to me?

URS Statements are an important notification of your account balances and status. Review them regularly to make sure your information and balances are correct. Let us know right away if you see any problems. We may not be able to fix errors that have gone unnoticed beyond certain time limits. Savings plans statements contain a more comprehensive breakdown of your balances not available at myURS. For example, they show the quarterly performance of each savings plan. We also include useful news and notes.

## How do you notify me when an online statement is available?

We send you an email every time a new statement is available. Please watch for these emails. They are not spam. You cannot opt out of them, because this an important notification of your account balances and status.

## I set my preferences to opt out of paper, and yet you still mailed me a paper statement. What happened?

If you do not log in to your myURS account at least once each calendar year, you will be opted into paper delivery. This helps us ensure your contact information is up to date and that you're getting these vital documents. To opt out of the mailing, change your delivery preferences at myURS. See instructions at left.

## Video: Step-by-Step Instructions



How do I find statements online?  
[Watch video.](#)

**URS Statements are important notifications of your account balances and status. It's vital that you receive and review them.**

## How do I find my statements online?

Log in to myURS at [www.urs.org](http://www.urs.org). Look for "Document Center" at the bottom-right of the myURS homepage. "Pension annual statements" and "Savings quarterly statements" are the first two links. For full instructions, see the video [How Do I Find URS Statements.](#)



560 East 200 South  
Salt Lake City, UT 84102-2021  
[www.urs.org](http://www.urs.org)

PRSR STD  
U.S. POSTAGE  
PAID  
Salt Lake City, UT  
Permit No. 4621



Are your account preferences  
and information current?  
Go to [www.urs.org/info](http://www.urs.org/info) to learn more.

## Medicare

# Learn About Retirement Healthcare

Join PEHP Health & Benefits for a free, one-hour presentation about Medicare and PEHP's Medicare Supplement plans. We'll be presenting across Utah in coming months. You're welcome to join us — you don't need to register. Learn more at [www.pehp.org/medsup](http://www.pehp.org/medsup).



<b>July 17, 2018</b> 10 a.m.	<b>Davis County</b> Davis County Administration Building 61 South Main Street, Farmington Room 131A (North Entrance)
<b>August 9, 2018</b> 10 a.m.	<b>Salt Lake County</b> Murray City Council Chambers 5025 South State Street, Murray
<b>August 16, 2018</b> 10:30 a.m.	<b>Cache County</b> Cache County Council Chambers 199 North Main Street, Logan
<b>August 22, 2018</b> 10 a.m. and 1 p.m.	<b>Utah County</b> Central Utah Water Conservancy District Administration Offices 355 West University Parkway, Orem Board Room
<b>August 23, 2018</b> 2 p.m.	<b>Washington County</b> Dixie State University 1526 Medical Center Drive St. George, UT 84790 Taylor Health Science Center Auditorium #152
<b>October 25, 2018</b> 10 a.m. & 2 p.m.	
<b>October 23, 2018</b> 10 a.m.	<b>Sanpete County</b> Snow Collete, 150 East College Ave. Ephraim, UT 84627 Noyes Building, Founders Hall
<b>October 23, 2018</b> 2:30 p.m.	<b>Sevier County</b> Snow College, 800 West 200 South Richfield, UT 84701 Sorenson Admin Building, Room 147A