



North Carolina
Total Retirement Plans
401k | 457



Dale R. Folwell, CPA
STATE TREASURER OF NORTH CAROLINA
DALE R. FOLWELL, CPA

Communication Highlights: Q4 2022

- National Retirement Security Month
 - Dedicated [website](#)
 - Emails for Employers
 - Over 16 webinars for Employers and Participants
 - Messaging on social media
- Q4 2022 Signature Newsletter
- Nearing Retirement email
- Ongoing rebranding updates
- NC 403(b) Program Discontinuation
 - Thank-You email for Employers

Good news! You don't have to lift a finger!



Did you know that you can keep your money in the NC 401(k) Plan and/or NC 457 Plan (the Plans) up to and all the way through your retirement?

The Plans are competitively priced and feature thorough investment oversight by the Supplemental Retirement Board of Trustees (Board). Plus, you have the added value of a dedicated Retiree Advocate and Empower Retirement Education Counselors who can work with you in retirement to make sure your money is working for your specific situation.

If you are considering moving your money somewhere else, you should know exactly what your costs are. The [Cost Comparison Document](#) is a tool that compares costs to help you make an informed decision.

Understanding the Financial Tools of the NC 401(k) & NC 457 Retirement Plans



#LOSS #NRSM22

North Carolina Total Retirement Plans | Dale R. Folwell, CPA

December 2022 Checklist



- Name, Check & Maintain Beneficiaries**
There is nothing like the gift of your legacy. The North Carolina Retirement Systems encourages you to do a beneficiary check-up at least once per year or whenever there is a life-changing event. Non-retirees can make updates to beneficiary designations in ORBIT. Please take the time to check the beneficiary on all of your accounts, including savings, checking, life insurance and other benefits you may have.
- Be Empowered to Make the Right Decisions for YOU**
Knowledge is power and we invite you to participate in a variety of webinars. We hold about 35 webinars a month on a variety of topics. It's never too early to learn about your benefits and plan for retirement.
<https://www.myncretirement.com/event-calendar> <https://ncplans.retirepru.com/employee-events.html>
- Take a Moment to Enjoy**
Take time to enjoy where you are and what you have accomplished. Think about where you want to be and steps you can take to get there. It's all within reach.
Happy Holidays and Thank YOU for serving.

Signature NEWSLETTER

North Carolina Total Retirement Plans 401k | 457 | Dale R. Folwell, CPA | 4th QUARTER 2022

A Message from Treasurer Dale R. Folwell, CPA



A new year brings a fresh start and an opportunity to make a resolution—a promise to develop positive practices. Many people decide to maintain a healthy lifestyle. But what if you took that idea and resolved to apply the principles of physical conditioning to improving your future financial fitness through long term diligence? This year, I challenge you to think about your financial fitness for retirement.

Just like everyone has a different way to get in shape, there are many different actions people take in saving for retirement. Some people start early. Others wait until later in their careers to make it a priority. The fact is, no matter when you start or how much you contribute, the desired result is the same — **financial fitness in retirement.**

Staying the course with your retirement savings is just as difficult as sustaining a commitment to physical fitness. When I took up yoga, I did not realize the impact it would have on all aspects of my life. It helps me to be stronger and live better.

Likewise, saving for retirement will ensure your future is what you envision. We have different trackers to measure our steps, calories and miles. **The NC 401(k) and NC 457 Plans are your tools for financial fitness in retirement.** As a participant in these low-cost plans, you have access to resources that will help you reach your goals, including the Retirement Income Calculator, GoalMaker®, and Empower Retirement Education Counselors, who are supporting you up to and through retirement.

This year, when tracking your steps, counting calories or holding a yoga pose, I want you to think about your retirement savings, your beneficiary selection, and ways that you can do more for your future self. You are on the right path because you are a participant in the NC Supplemental Retirement Plans.

I thank you for your service to the citizens of North Carolina and wish you all the best financial health and fitness in the new year.

Sincerely,
Dale R. Folwell, CPA
Dale R. Folwell, CPA
State Treasurer of North Carolina

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- 1 Myth busters: Keeping your money in the Plans
- 2 PIA: Participants In Action during National Retirement Security Month
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- 5 2023 contribution limits

The Plans are designed to be 'evergreen' for you — for years to come

ever-green Merriam-Webster defines "evergreen" as "universally and continually relevant: not limited in applicability to a particular event or date." Discover how the NC 401(k) and NC 457 Plans are evergreen when it comes to your retirement planning, and how the Plans keep working hard for you long after you have experienced a transition in your career or have retired.