

To have a successful retirement, you need to plan for it carefully and as far in advance as possible. We offer the PREP seminar to help you do this, so we hope you take advantage of this important program.

“Doing the best at this moment puts you in the best place for the next moment.”

Oprah Winfrey
TV show host

“We always overestimate the change that will occur in the next two years, and underestimate the change that will occur in the next ten. Don’t let yourself be lulled into inaction.”

Bill Gates
Microsoft cofounder and chairman

“Failing to prepare is preparing to fail.”

John Wooden
Legendary basketball coach who won 10 NCAA championships in 12 years

My PREP Session



Date: _____

Time: _____

Location: _____

Notes: _____



New York State Teachers' Retirement System
10 Corporate Woods Drive
Albany, NY 12211-2395
www.nystrs.org

Pension & Retirement Education Program



New York State Teachers' Retirement System



It's Never Too Early (Or Too Late) to PREP for Your Future!



NYSTRS members approaching retirement often tell us they wish they had begun focusing on financial and retirement planning much earlier in their lives. The truth is: No matter how far along you are in your career, careful financial and retirement planning are critical.

So, NYSTRS offers a **Pension & Retirement Education Program (PREP)** for members of all ages. PREP is structured to allow you to tailor the program to fit your needs. Stay for the entire session or just those modules below that help you the most – the choice is yours!

- **NYSTRS Benefits** (pension, death benefits, disability coverage)
- **Financial Planning** (tax-deferred investments, starting early, catching up later)
- **Social Security** (eligibility rules, benefits, collecting ASAP or at full retirement age)

- **Estate Planning** (wills, trusts, powers of attorney, health care proxies, living wills)
- **Filing for Retirement** (“resigning” vs. “retiring,” choosing a retirement date and payment option)
- **Adjusting to Your New Life** (planning ahead, staying active and healthy, relocating)
- **Retirement Income** (monthly benefit payments, COLA, working in retirement)

New and mid-career members can improve their financial picture, both now and in the long run, if they understand their NYSTRS benefits and begin investing for the future. So, in the morning sessions, our PREP seminar covers the financial basics and all you need to know about the guaranteed pension, death benefit, and disability coverage you become eligible for as a NYSTRS member. Modules on Social Security and estate planning are also offered.

Of course, all that information is also vital for those nearing retirement, but those members have an additional focus too. For them, it is critical to fully understand and carefully consider the important decisions they must make as their retirement date approaches. So, if you are closer to retirement, you should attend the afternoon PREP sessions as well and learn all about the retirement process, the choice of taking a benefit payment option or purchasing

life insurance, the rules for working while receiving a pension, and the challenges of adjusting to life in retirement.

We all look forward to enjoying a secure future, but it takes planning. So make time for PREP! It's free, and sessions are held throughout the year and across the state. You can make a reservation either of two ways:



- You can call us at (800) 348-7298, Ext. 6180.



- If you have a MyNYSTRS account, you can make a reservation yourself online at www.nystrs.org using the “My Tools” tab.

**It's YOUR future we're
talking about, so start
your PREP today!**