



What You Should Know

IN THIS ISSUE

Welcome to NHRS!

Congratulations on becoming a member

NHRS has prepared this newsletter to answer some questions frequently asked by new members. We realize that thinking about retirement may not be at the top of your to-do list at this stage in your career, but we encourage you to take a little time to understand the advantages of your NHRS membership and the benefits available to you or your loved ones.

We are here to serve you throughout your career, from the day you are enrolled as a new member to the day you apply to retire. This relationship does not end at retirement. NHRS staff continues to be at your service.

If you have questions or need assistance, please call a retirement system representative at (603) 410-3500, toll free (877) 600-0158, or email newmember@nhrs.org.



Page 2
The Basics



Page 3
The Bigger Picture



Page 3
Member Education Live...and On Demand



Page 4
Stay in the Loop

What Ifs...

What if I leave my job? | What if something happens to me while I'm still working?

Got questions? We've got you covered!

Visit the FAQ page on the NHRS website at: <https://www.nhrs.org/faqs>

The Basics

The New Hampshire Retirement System is a defined benefit plan. That means the plan provides lifetime pension benefits that are determined at retirement under a formula prescribed by law, not based on investment returns or contributions. NHRS benefits are funded by member contributions, employer contributions, and net investment returns.

The retirement system plays an important role in the long-term economic well-being of the state's public employees, teachers, police officers, and firefighters. NHRS strives to fulfill that responsibility through the professional management and administration of the pension trust fund.

Who is responsible for running NHRS?

- The New Hampshire Legislature is the plan sponsor and the plan is governed by the Internal Revenue Code, state statute (RSA 100-A), administrative rules, and Board policies.

Retirement Glossary

Membership: NHRS is made up of active members contributing to the retirement system, and retirees and beneficiaries collecting a pension.

Group I: Employee and Teacher members.

Group II: Police and Fire members.

Accumulated Contributions: The total amount a member has paid into the retirement system plus credited interest. Employer contributions are not included.

Creditable Service: The number of months and years of service credit earned as an NHRS member. Creditable Service is one of the factors used to calculate the pension benefit.

Vesting: Members become vested for retirement benefits upon the earlier of: (1) completion of 10 years of NHRS Creditable Service; or (2) on or after attainment of the NHRS normal retirement age while in service, regardless of years of Creditable Service.

Three facts about NHRS

1. NHRS is not a state agency under the executive branch; it is a "component unit" of the state governed by statute, independently funded by a pension trust.
2. Investment income has historically provided the majority of the funding for pension benefits. Over the past 25 years, NHRS investments have achieved an average annual return of about 8 percent.
3. Around 80 percent of NHRS pension recipients still live in New Hampshire, and those benefits help to support the state's economy.

- NHRS is managed by a Board of Trustees, and its investments are managed by an Independent Investment Committee ("IIC"). Trustees and IIC members are fiduciaries, which means they are required to act exclusively in the best interest of the members and beneficiaries of the retirement system.
- NHRS staff administers the retirement system's operations on a day-to-day basis.

How much is contributed toward my retirement?

Member contributions are set by statute and deducted from your paycheck.

- Employees (Group I): 7%
- Teachers (Group I): 7%
- Police (Group II): 11.55%
- Fire (Group II): 11.8%

Your employer also contributes to the retirement system. Employer contributions are reviewed by the Board of Trustees every two years. Please note that employer contributions are not credited to individual member accounts, they are used to fund pension payments for all members. If you terminate employment and opt to withdraw or roll over your accumulated contributions, you will receive your contributions and interest.

Why do I have to contribute?

It's the law. If you work for an NHRS-participating employer in a full-time, permanent position, enrollment is mandatory and it begins when you start working.

Member education, live....

NHRS offers retirement education sessions throughout the state for members who are not yet retired. During these general information programs, members of all ages and in various stages of their career will be provided with information about NHRS benefits, including an overview of NHRS as a defined benefit plan; service, early, disability, and vested deferred retirement; pre-retirement death benefits; benefit payment options; and other important aspects of NHRS retirement benefits.

Because retirement benefits differ between Group I (Employee and Teacher) and Group II (Police and Fire), separate sessions are scheduled for members of each group. To register, members may go to <https://www.nhrs.org/meetings-events/> and click on the session they want to attend. Additional sessions are listed online as they are scheduled.

...and on demand

NHRS also offers online presentations through its website that allow members and employers 24/7 access to retirement system presentations.

Through this option members who are unable to attend a live education session have the opportunity to view a narrated PowerPoint presentation online. NHRS has also posted presentations on specific topics. To view an online presentation, visit the NHRS website at: <https://www.nhrs.org/education>



The Bigger Picture

Keep in mind that NHRS benefits are not intended to be your sole source of retirement income. While almost all employees and teachers also participate in Social Security, all members should explore additional ways to save for retirement, including employer-sponsored supplemental retirement savings plans. (Police officers and firefighters do not participate in Social Security.)

While the retirement system cannot provide individual financial planning advice, we encourage all of our members to take a proactive role in understanding their personal financial needs and preparing for their retirement.

NHRS has a section on our website – “The Bigger Picture” – that lists resources on retirement planning and overall financial literacy from governmental, non-profit, media, and public service entities. While the emphasis is on preparing for retirement, many of these links are relevant regardless of age. Among the topics covered are Social Security, supplemental retirement savings, health insurance/Medicare, protecting against scams, and resources for retirees.

The bottom line is the more you can save today, the better positioned you will be for a secure retirement tomorrow.

Stay in the Loop

NHRS offers many different ways for you to stay informed:

NHRS.org: The place to start

Visit our website, www.nhrs.org, to find answers to frequently asked questions, download forms, and get updates on legislation.

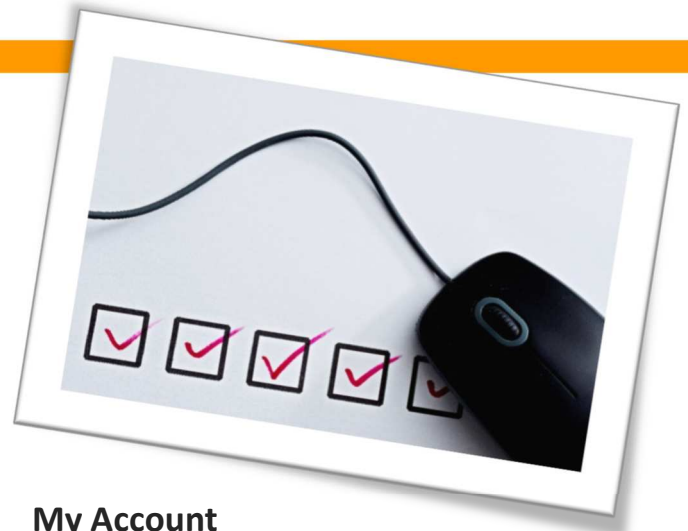
Helpful features on the website include:

'New NHRS Member' page – This page has information geared toward new members, including answers to frequently asked questions, a short video, and printable summaries of NHRS benefits. Check it out here:

<https://www.nhrs.org/members/plan-details/new-nhrs-member>

Mini-homepages – Explore separate mini-homepages for members, retirees, and employers. These pages feature news items and other information specific to each group, allowing users to easily focus on the information that is important to them.

NHRS...Now You Know – There's a lot of information out there regarding NHRS, some of it fact, some of it fiction. "NHRS ... Now You Know" is designed to provide straight talk about the retirement system.



My Account

Keeping track of your personal benefit information has never been easier thanks to *My Account*, the retirement system's secure online portal where users can access their personal account information from any computer.

My Account provides members with access to information such as account balances, demographic information, beneficiary designations, annual member account statements, and an online benefit calculator.

In addition, *My Account* users no longer have to submit a paper form to notify NHRS if they move or change their telephone number or email address. Simply use the "Personal Information Change Form" under the "NHRS Online Forms" section of *My Account*.

We are here for you...stay in touch!

Sign up for NHRS Email Updates!

Sign up today to receive important NHRS information via email. Simply visit the NHRS website at <https://www.nhrs.org/> and click the "Subscribe" button at the bottom of the page.

Connect with us on social media!

In an effort to connect with and provide information to as many of our members as possible, NHRS has established official Facebook, Twitter, YouTube, and LinkedIn accounts. To find us on social media, see: <https://www.nhrs.org/nhrs-on-social-media> or click the links at the bottom of every page on our website.

