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PERSpectives FOR ACTIVE MEMBERS

Public Employee Retirement System of Idaho

Third Quarter 2018

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SET THE TABLE FOR A MORE SATISFYING FUTURE DURING NATIONAL RETIREMENT SECURITY WEEK: OCTOBER 21 – 27

Are you hungry for a comfortable retirement? National Retirement Security Week (NRSW) is the ideal time to cook up a well-balanced approach to your future finances. Each year, the U.S. Congress designates a week in October to highlight the importance of saving money through your employer-sponsored plan, PERSI's Choice 401(k) Plan, to help you build the income you'll need to retire comfortably.

According to one commonly used rule of thumb, most people will need to replace at least 70% of their working income in retirement to maintain a similar lifestyle. Contributing to your Choice 401(k) Plan can help you work toward that goal.

This year, NRSW is scheduled for October 21–27, 2018. Here's a quick preview of what's on the menu:

FIRST COURSE Enroll – If you haven't yet enrolled in the Choice 401(k) Plan, there's no better way to whet your appetite for saving. Simply print and complete the [Paycheck Contribution Election Form](#), then give the completed form to your employer's human resources or payroll department. Do not send this form to PERSI or Empower Retirement.

SECOND COURSE Increase your contribution – Regularly increasing the amount you contribute to your account with each paycheck can be a great recipe toward a more satisfying retirement income. Use the [Paycheck Contribution Election Form](#) to raise your contribution amount.

THIRD COURSE Review/adjust your asset allocation¹ – As people approach retirement age, their appetite for risk changes. They want to protect the assets they've accumulated so they can use them for retirement income. Be sure to regularly review your mix of investments and asset types to keep it in balance with your own appetite for risk. You can review your current asset allocation and make any needed changes by logging into your PERSI Choice 401(k) Plan account.



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You can feast on all the advantages the Choice 401(k) Plan offers – such as automatic paycheck contributions, the potential for compounded growth, competitive fees, and a wide choice of investment options – all without adding to your waistline. This menu also includes a wide buffet of retirement seminars that are available to you! [Click here for webinar schedule.](#)

For more information on NRSW, visit the website of the National Association of Government Defined Contribution Administrators here: www.nagdca.org.

Bon appetit!

1 Asset allocation and rebalancing do not ensure a profit and do not protect against loss in declining markets.

NR SW NATIONAL RETIREMENT SECURITY WEEK

FOOD FOR THOUGHT

Ready to test your retirement savings knowledge? Try the crossword below!



Easy recipes for future success.



Across

2. Your estimated monthly retirement ____ can help you stay on the right savings track.
5. Month of National Retirement Security Week in 2018.
6. The Health Cost Estimator can help you plan for this type of expense.
8. Compound ____ can help your savings add up over time.
9. To boost your contributions to the plan.
10. Getting your savings to rise is a lot like making this.

Down

1. Saving more can make a big ____ for your financial future.
3. Receive these straight to your email inbox when you sign up for e-delivery.
4. Save more ____ for your future by saving early through the plan.
7. Go here to enroll in your plan.

IMPORTANT: The projections, or other information generated on the website by the investment analysis tool regarding the likelihood of various investment outcomes, are hypothetical in nature, do not reflect actual investment results and are not guarantees of future results. The results may vary with each use and over time. Healthcare costs and projections, if applicable, are provided by HealthView Services. HealthView Services is not affiliated with GWFS Equities, Inc. Empower Retirement does not provide healthcare advice. A top peer is defined as an individual who is at the 90th percentile of the selected age band, salary range and gender. Securities offered or distributed through GWFS Equities, Inc., Member FINRA/SIPC and a subsidiary of Great-West Life & Annuity Insurance Company. Great-West Financial®, Empower Retirement and Great-West Investments™ are the marketing names of Great-West Life & Annuity Insurance Company, Corporate Headquarters: Greenwood Village, CO; Great-West Life & Annuity Insurance Company of New York, Home Office: New York, NY, and their subsidiaries and affiliates, including registered investment advisers Advised Assets Group, LLC and Great-West Capital Management, LLC. GWFS Equities, Inc. registered representatives may also be investment adviser representatives of GWFS affiliate, Advised Assets Group, LLC. Representatives do not offer or provide investment, fiduciary, financial, legal or tax advice or act in a fiduciary capacity for any client unless explicitly described in writing. ©2018 Great-West Life & Annuity Insurance Company 95270-01-FLY-19620-1809 AM606594-0918

Answers 1. difference 2. income 3. communications 4. dough 5. October 6. healthcare 7. website 8. growth 9. increase 10. bread



SERVICE INTERRUPTION IN OCTOBER

PERSI's member portal, *myPERSI*, will be unavailable due to database maintenance and updates from **Friday, October 26th at 6:00 p.m. MDT through Sunday, October 28th at midnight MDT.** PERSI's website, www.persi.idaho.gov, will continue to be online and will not be affected by the upgrade.

If you have questions, please contact the PERSI Answer Center at 1-800-451-8228 or (208) 334-3365.



AVOIDING COUNTERFEIT PRESCRIPTION DRUGS

COUNTERFEIT PRESCRIPTION DRUGS

For many, the cost of buying needed prescription drugs can be an enormous burden. Online pharmacies can look appealing as a way to save money on necessary medication and for convenience.

Many online pharmacies operate legally and may offer huge savings to senior citizens. However, the U.S. Food and Drug Administration warns there are several fraudulent businesses out there wanting your money and they may end up harming you.

These online pharmacies claim to sell prescription drugs at considerably discounted prices, and they may not even require a prescription. Frequently, they will display a Canadian flag to look like a legitimate storefront, but oftentimes they are working out of other countries with no connection to the U.S. or Canada.

The counterfeit prescription medications may contain the wrong ingredients, no active ingredients at all, and/or be contaminated. Some drugs may have the right active ingredient, but with the completely wrong dosage.



TIPS FOR AVOIDING COUNTERFEIT PRESCRIPTION MEDICATIONS

- ❖ Do not buy from pharmacies that do not require a valid prescription.
- ❖ Do not buy if the pharmacy does not have a U.S. state-licensed pharmacist available to answer questions and concerns.
- ❖ Check to see if the pharmacy is licensed. Go to <https://www.fda.gov/ForConsumers/default.htm> for additional information and resources for buying prescription medication online.
- ❖ Be wary of businesses not using a legitimate street address in the U.S. Check the address and make certain it does not belong to a package facility or re-shipping store.
- ❖ Seek advice from your physician or a pharmacist if your prescription drug looks suspicious.
- ❖ Notify your physician immediately if your medication causes negative side effects or if your condition does not improve.
- ❖ Be aware that special cost reductions, product promotions, and other “special deals” may be connected with counterfeit drugs.

HOW AND WHERE TO GET HELP

- ❖ If you have been victimized by an online scam, you can file an online report at the FBI’s Internet Crime Complaint Center at www.ic3.gov or call your local FBI office.
- ❖ If you suspect health care or health insurance fraud, contact your health insurance company. Most companies have a toll-free number to report fraudulent activity.
- ❖ You also can contact your local FBI office or the Office of Inspector General for the United States Department of Health and Human Services (OIG-HHS) at <https://oig.hhs.gov/fraud/report-fraud/>.
- ❖ For Medicare fraud, call and report at 1-800-HHS-TIPS (1-800-447-8477).
- ❖ To learn more about these scams and more, go to <https://www.fbi.gov/scams-and-safety>.

REGISTERING FOR A PERSI WORKSHOP IS EVEN EASIER!

Members are no longer required to have a *myPERSI* account and PIN to register for a public workshop. Prepare for your future with one of PERSI's **READY**, **SET**, or **GO!** workshops! PERSI trainers travel the state delivering in-person training to employers and members in order to help you plan for retirement.

READY workshops are for anyone starting a career with a PERSI employer. Attendees will receive a general overview of what PERSI is and the benefits it provides for PERSI members.

SET workshops are aimed for members in the middle of their career with a PERSI employer. **SET** workshops focus on how vesting changes PERSI benefits and what to consider in planning for retirement.

GO! workshops are designed for late-career PERSI members who may be approaching or contemplating retirement. **GO!** workshops may include member-specific benefit estimates (upon request and only for a PERSI member with a valid picture ID) and cover topics related to retirement options and the application process.

PERSI wants every member to take advantage of these training opportunities! Get started by going to www.persi.idaho.gov and following the instructions below to register.

- On the right sidebar, under **Upcoming Events**, select **Check Workshop Schedule**.
- Select the **Workshop** topic tab you are interested in attending.
- Find the workshop date, time, and location you would like to attend and select **Click to Register**.
- Fill-in the registration box and select the **Register for the Workshop** box to complete registration.
- Check your email for your workshop registration confirmation.

Still have questions? Send an email to workshops@persi.idaho.gov or call 208.287.9291 and one of our trainers will get back to you.



Click Here to Go to Workshops

PERSI INVESTMENT NEWS AS OF September 14, 2018

VALUE OF THE FUND
\$17,855,566,856

FISCAL YEAR CHANGE IN MARKET VALUE
\$402,138,063

FISCAL YEAR-TO-DATE RETURNS: 2.6%

MONTH-TO-DATE RETURNS: -0.4%

*Posted monthly at www.persi.idaho.gov
Fiscal Year July 1, 2018 - June 30, 2019

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