



U.S. Public Health Service

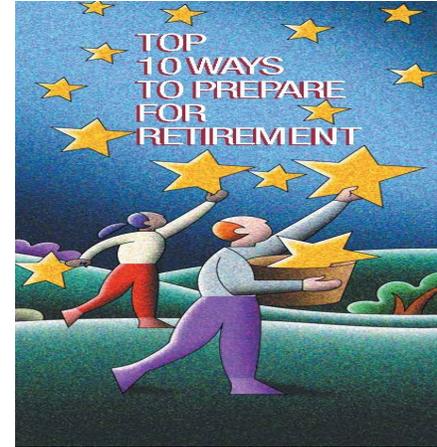
Nursing Tip of the Month

March TIP 2014

Finances

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Thrift Saving Plan

How Does the TSP Fit into My Retirement Package? As a federal employee, the TSP can supplement your retired pay. Visit: <https://www.tsp.gov/index.shtml>

What Are My Retirement Needs? Investment Strategy: Think about the kind of life you expect to have in retirement, how long you expect to be in retirement, and what your income needs might be.

Early Career Retirement Planning Strategy

If you are in the first few years of your career, you can take advantage of the best asset available to you: time. When you start saving for your retirement early, you have many years to weather short-term market fluctuations and to gain the maximum benefit from the power of compounding.

When to Start Contributing

The best time to start contributing to your TSP account is when you are ready; the sooner you start the better.

Your TSP Asset Allocation

The way in which you distribute your money among the TSP funds should reflect your time horizon and your risk tolerance. You can consider investing in the TSP's stock funds and in the G and F funds.

Your Tax Treatment Options

You have the option of making traditional (pre-tax) contributions and/or Roth (after-tax) contributions to your TSP account. For more information on these options, visit Tax Treatment of Your Contributions.

How Much Should I Save? (Ballpark Estimate) Calculator: www.opm.gov

The TSP is one source of your retirement income.

Tax Treatment of Your Contributions

<https://www.tsp.gov/planparticipation/eligibility/traditionalRothContributions.shtml>

Beneficiary Participants

Spouses who are beneficiaries of deceased civilian and uniformed services TSP participants may inherit those assets. These spouses have almost the same benefits and privileges as separated TSP participants.

United States Department of Labor

Top 10 Ways to Prepare for Retirement http://www.dol.gov/ebsa/publications/10_ways_to_prepare.html

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