



FINANCIAL WELLNESS!

Office of Human Resources is excited to offer the following events to help all UAMS employees, staff, and students prepare for financial wellness!

Registration: click link or call 501-686-5650.

Off Campus Sites: For IVN set up or web link for face to face sessions email video@uams.edu

October 2021 Events

<p>Understanding Health Savings Accounts (HSA's) PRESENTER: TIAA You may know about the tax advantages of contributing to an HSA, but do you know that HSA's are also a way to save for healthcare in retirement? This webinar will help you understand unique aspects of HSA's, including how they help account owners pay for current healthcare expenses and save for those in the future.</p>	<p>Oct. 7 2 p.m. TIAA.org/webinars</p>
<p>Looking to Turn Your Retirement Savings into a "Paycheck" for Life. PRESENTER: TIAA You diversify your investment portfolio before retirement to help offset risk. A similar strategy can help see you through retirement. Learn how creating a diversified income plan can help reduce risks you may face in retirement.</p>	<p>Oct. 12 11 a.m. TIAA.org/webinars</p>
<p>Quarterly Economic and Market Update with TIAA's Chief Investment Strategist PRESENTER: TIAA Take a closer look at our views on the financial markets, including key market drivers, the U.S. economy, policy and politics, and investing in public markets.</p>	<p>Oct. 13 11 a.m. TIAA.org/webinars</p>
<p>Paying Yourself: Income Options in Retirement PRESENTER: TIAA You can learn the rules that govern retirement and find out when to consider using different income sources.</p>	<p>Oct. 13 2 p.m. TIAA.org/webinars</p>
<p>Within Reach: Transitioning from Career to Retirement PRESENTER: TIAA You can plan ahead to help make the most out of your retirement – from paying yourself to allowing for taxes, healthcare and estate planning wishes.</p>	<p>Oct. 14 11 a.m. TIAA.org/webinars</p>
<p>Be a Cyber-Hero: Help Protect You, Your Family and Your Money PRESENTER: TIAA Are you concerned about identity theft and your family's security online? TIAA's Information Security team will discuss how you can protect yourself and your family from cybercrime.</p>	<p>Oct. 14 2 p.m. TIAA.org/webinars</p>

