

CARES Act

Retirement Plan Loan and Withdrawal Options

The federal CARES Act passed in March 2020. It includes options for distributions and loans from retirement plans for those with COVID-related financial needs. The University of Arkansas System has adopted these options. While we encourage employees to view their retirement plan as a last-resort source of funds, the programs are available to those who meet the eligibility criteria and are in need. Click [here](#) to visit the UA System website which provides details, including how to contact your plan provider, TIAA and/or Fidelity, to apply for these benefits.