

## Pre-Retirement Planning

- ☐ Register for the online class *Preparing to Make Retirement Decisions* (00069518) through the Learning Management System.
- ☐ Visit the [TVARS SharePoint](#) Site to request a retirement estimate.
- ☐ Schedule a meeting with a Fidelity Workplace Consultant by visiting [Home - Tennessee Valley Authority \(fidelity.com\)](#) and clicking on the Meet link.

## Preparing for Retirement

- ☐ Schedule a meeting with a Retirement Consultant within a year of retirement to learn more about your retirement benefit options.
- ☐ Submit a retirement application to [tvars@tva.gov](mailto:tvars@tva.gov). The following applications are available on [www.tvars.com](http://www.tvars.com):
  - RS-IMMRET for immediate monthly benefits
  - RS-179 for a lump-sum payment or rollover(to IRA)
  - RS-DEFRET for deferred retirement benefits
- ☐ Verify your 401(k) Plan beneficiary in Fidelity Net Benefits by selecting “Profile”, then “Beneficiaries”.
- ☐ Review “Benefits Summary for Terminating Employees” in PeopleGateway for important information and forms regarding medical, dental, and life insurance.
- ☐ Open a “Leaving TVA” case in PeopleGateway by selecting “Career & Recruiting”, then “Leaving TVA”.
- ☐ To continue medical coverage, open a “Benefits Inquiry” case in PeopleGateway and attach the Retiree Medical Application (TVA Form 17328). Form must be received within 30 days after termination.
- ☐ To enroll in the Retiree Dental Plan, submit TVA Retiree Enrollment Form directly to Delta Dental no later than 30 days after employment ends.
- ☐ Contact Long Term Care Partners at 800-582-3337 if you wish to continue payroll deductions for your Federal long-term care insurance. Use Payroll Office Identifier No. 64909901.

## Additional Information

If your retirement application is not received within 60 days after your termination date, you will be subject to a default deferred retirement benefit with payments scheduled to begin no later than age 65.

Questions regarding all Retiree Health Care Benefits (including TVA Medical Plans, Medicare, Via Benefits, and Health Reimbursement Accounts) should be directed to the People First Solution Center via PeopleGateway or by phone at 888-275-8094.

For information regarding retiree organizations outside of TVARS:

- Visit [www.mytvara.org](http://www.mytvara.org) to find out how you can stay involved and informed with the TVA Retirees Association. TVA pays your dues for the first year of retirement.
- Visit [www.mybvi.org](http://www.mybvi.org) for ways TVA retirees can get involved in volunteer work, TVA contract work, and FEMA work.

## Contact Us

Website: [www.tvars.com](http://www.tvars.com)  
(from work or home)

Email: [tvars@tva.gov](mailto:tvars@tva.gov)

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865-632-2672

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