Agenda

• Features & Benefits of the TSP
• TSP Contributions
• Traditional vs Roth
• TSP Financial Calculators
• TSP Core Funds & Lifecycle Funds
• Managing your TSP Account
• TSP Tips and Resources
FEATURES & BENEFITS OF THE TSP
Components of Retirement Income

- TSP
- Social Security
- Pension
TSP Benefits

• Automatic Enrollment for new/reenrolled participants
• Contributions made by payroll deduction
  – “Pay yourself first”
• Choice of tax treatments
  – Traditional (tax-deferred) contributions
  – Roth (after tax) contributions
• Simple, diversified investment choices
  – “Do it yourself”
  – Professionally designed portfolios
• Low administrative expenses
What will I pay?

$0.29 per $1,000 \textsuperscript{1}  

$4.60 per $1,000 \textsuperscript{2}

\textsuperscript{1} Net administrative expenses charged to the TSP participant across all funds, 2015
\textsuperscript{2} Median estimated 401(k) plan fees. Source: NEPC 2015 Defined Contribution Plan & Fee Survey: What a Difference a Decade Makes, 2015
How do these costs affect account growth?

(Assumes a starting balance of $50,000 and a 6% annual rate of return)
Transfers and Rollovers

Note: Cannot transfer/rollover Roth, Education and Inherited IRA into the TSP
Transfers and Rollovers

• Transfer (direct rollover)
  – Money moves directly from one account or retirement plan to the other
  – Participant does not have use of the money

• Rollover (60-day or indirect rollover)
  – Participant has use of the money for 60-days
  – May result in taxes, withholdings, and/or penalties if not properly executed

See instructions on Forms TSP-60 and/or TSP-60-R for more information
Combining TSP Accounts

• Participants with civilian and US TSP accounts can request that the two accounts be combined after separation from service
• Only the account related to the separation can be transferred
• TSP accounts cannot be combined after a full withdrawal request has been processed for the “from” account
• Tax-exempt balance in a uniformed services account cannot be transferred to a civilian TSP account
• If married and transferring the uniformed services account to a Civil Service Retirement System (CSRS) account, notarized spousal consent is required
• See the instructions for Form [TSP-65](#), Request to Combine Civilian and Uniformed Services TSP Accounts, for more information,
TSP CONTRIBUTIONS
Contribution Sources & Limits

**Participant Contributions**
- Regular (2016 limit - $18,000)
  - Traditional and Roth
- Catch-Up (2016 limit - $6,000)
  - Traditional and Roth

**Agency Contributions (FERS only)**
- Agency Automatic 1%
  - Traditional Only
- Agency Matching
  - Traditional Only
FERS Contributions

**Employee Contributions**
- All new and rehired employees auto-enrolled at 3% (opt out option)
- Any whole dollar amount or percentage up to IRS elective deferral limit ($18,000 for 2016)
- Always vested

**Agency Contributions***
- Always Traditional
- Agency Automatic (1%) Contributions
  - Subject to vesting
  - Not based on Employee Contributions
- Agency Matching Contributions*
  - Based on first 5% of Employee Contributions per pay period, whether traditional or Roth
  - 4% Maximum
    - $1/$1 for first 3%
    - 50¢/$1 for next 2%
  - Always vested

*NOTE: CSRS not eligible for Agency Automatic or Agency Matching Contributions
Maximizing Your Match (Regular Contributions)

- Ed earns $3,000 per pay period and contributes 30%
- Susan earns $3,000 per pay period and contributes $693

<table>
<thead>
<tr>
<th></th>
<th>ED 30% EC</th>
<th>4% Match</th>
</tr>
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<tbody>
<tr>
<td>PC #1</td>
<td>$900</td>
<td>$120</td>
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<tr>
<td>PC #2</td>
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<td>PC #3</td>
<td>$900</td>
<td>$120</td>
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<td>PC #4</td>
<td>$900</td>
<td>$120</td>
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<td>PC #16</td>
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<tr>
<td>PC #17</td>
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<td>PC #19</td>
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<td>$120</td>
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<tr>
<td>PC #20</td>
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<td>$120</td>
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<tr>
<td><strong>Total PC #20</strong></td>
<td><strong>$18,000</strong></td>
<td><strong>$2,400</strong></td>
</tr>
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</table>

<table>
<thead>
<tr>
<th></th>
<th>SUSAN $693 EC</th>
<th>4% Matching</th>
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</thead>
<tbody>
<tr>
<td>PC #1</td>
<td>$693</td>
<td>$120</td>
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<tr>
<td>PC #2</td>
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<td>PC #3</td>
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<td>PC #4</td>
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<tr>
<td>PC #16</td>
<td>$693</td>
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<tr>
<td>PC #17</td>
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<tr>
<td>PC #18</td>
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<tr>
<td>PC #19</td>
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<td>$120</td>
</tr>
<tr>
<td>PC #20</td>
<td>$693</td>
<td>$120</td>
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<td><strong>Total PC #20</strong></td>
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<td><strong>$2,400</strong></td>
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</table>

<p>| | | |</p>
<table>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>PC #25</td>
<td>$693</td>
<td>$120</td>
</tr>
<tr>
<td>PC #26</td>
<td>$675</td>
<td>$120</td>
</tr>
<tr>
<td><strong>Total PC #26</strong></td>
<td><strong>$18,000</strong></td>
<td><strong>$3,120</strong></td>
</tr>
</tbody>
</table>
Uniformed Services
Contribution Rules

• Contribute 1% to 100% of basic pay
  – Plus any percentage from incentive, special, and bonus pay

• Contributions are subject to the Internal Revenue Code annual limitations
  – elective deferral, § 402(g), limit ($18,000 for 2016)
  – annual additions, § 415(c), limit ($53,000 for 2016)

• Contributions deducted from Combat Zone Tax Exempt (CZTE) pay are subject to section 415(c) limits but not 402(g)
Annual Additions Limit

• Includes:
  – tax-deferred and tax-exempt TSP contributions
  – agency/service matching contributions
  – agency automatic (1%) contributions

• Does not include catch-up contributions

• Maximum contribution for officers in a combat zone is $7,997.10 per month (basic pay of the most senior enlisted member) plus $225 hostile fire/imminent danger pay*

*http://www.dfas.mil
Catch-Up Contributions

- Participants turning age 50 or older in the calendar year can make Catch-Up Contributions
  - In addition to the regular TSP contributions
  - Dollar amount only
  - Require a separate election
  - A new election must be submitted for each calendar year
  - Electronic election or TSP-1-C/TSP-U-1-C

- Maximum contribution for 2016 is $6,000
  - Must self-certify intent to make regular contributions up to the elective deferral limit

- No agency matching on Catch-up contributions
TRADITIONAL VS ROTH
A Choice of Tax Treatments

TSP Participant Contributions

- Traditional (Pre-tax)
- Roth (After-tax)
Traditional TSP

- Traditional pre-tax contributions are taken out of income before it is taxed
- This lowers current taxable income and gives a tax break today
- This money grows tax-deferred; when withdrawn BOTH contributions and earnings are taxable
- Agency Automatic (1%) and Agency Matching contributions will always be traditional
Effects of Traditional Contributions

• Elective deferrals reduce current year AGI, so they may also:
  – Create or enhance eligibility for the Saver’s Credit
  – Increase certain itemized deductions
  – Allow high-income taxpayers to make Roth IRA contributions in addition to TSP

• Distributions of tax-deferred contributions and earnings will be taxed as ordinary income when received, so they may:
  – Be taxed at lower rates, if income is lower
  – Be taxed at higher rates, if tax rates increase

• Tax-deferred balances are also subject to:
  – Required minimum distribution rules
  – Ordinary Income taxes when paid to beneficiaries
Roth TSP

- Implemented May 7, 2012 (or as soon as possible thereafter by the agency or service)
- Roth (after-tax) contributions are taken out of participant’s paycheck after income is taxed
- Participants must elect to make Roth TSP contributions (Contributions for auto-enrolled participants default to traditional)
- Roth designation is made at agency payroll level prior to contribution deposited into the TSP
- No conversions of existing traditional TSP balance to Roth TSP
Effects of Roth Contributions

• Roth contributions do not reduce current year AGI
  – May exclude some participants from Saver’s Tax Credit

• Electing Roth may cause high earners to lose other tax-saving opportunities
  – Certain itemized deductions are reduced by a percentage of AGI - higher AGI results in smaller deductions
  – Eligibility for Roth IRA contributions is phased out at higher income levels

• Provide a “hedge” against higher future tax rates
• Qualified Distributions
  – First TSP Roth contribution must meet 5-year rule
    ▪ Prior participation in a Roth 401(k) transferred into TSP counts toward 5-year rule
    ▪ Once 5-year rule is met, participant retains it for the life of their TSP account
  – Age 59½; disabled; or deceased
• Nonqualified distributions
  – Earnings subject to tax
  – 10% early withdrawal penalty rules are applied to earnings in the same manner as the tax-deferred portion of a participant’s TSP account

Note: portion of the balance that is tax-deferred is not subject to the 10 percent early withdrawal penalty tax if the participant is age 55 or older in the year he/she separartes from Federal service.
# Traditional TSP vs. Roth TSP

## (Summary)

<table>
<thead>
<tr>
<th></th>
<th>Traditional TSP (Default)</th>
<th>Roth TSP (By election)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Contributions</strong></td>
<td>Pre-tax/ Tax-Deferred*</td>
<td>After-tax*</td>
</tr>
</tbody>
</table>
| Paycheck                  | Contributions are deducted from pay before Federal taxes are withheld† | • Contributions are deducted from pay after Federal taxes are withheld†  
                           |                           | • Contributions do not reduce current year AGI† |
| Distributions             | Contributions and earnings are taxable as ordinary income when withdrawn | • Contributions have already been taxed and will not be taxed again  
                           |                           | • Earnings are tax free (Qualified Distributions) if:  
                           |                           | 1. 5 years have passed since Jan 1st of the year you made your first Roth contribution, AND  
                           |                           | 2. Age 59 1/2 or older, permanently disabled, or deceased  
                           |                           | Non-qualified Distributions are subject to ordinary income tax. |

* Contributions from Combat Zone Tax Exclusion Pay will be tax-exempt.
† Deferral of state or county taxes is determined by each individual jurisdiction.
### Roth TSP vs Roth IRA

<table>
<thead>
<tr>
<th></th>
<th>Roth Employer Plans (e.g., Roth TSP)</th>
<th>Roth IRA</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2016 Income Limits</strong></td>
<td>Available to all participants regardless of income</td>
<td>Not available to taxpayers with income above certain limits: MFJ - $184,000 to $194,000 MFS - $0 to $10,000 All others - $117,000 to $132,000</td>
</tr>
<tr>
<td><strong>2016 Contribution Limits</strong></td>
<td>$18,000 (plus an additional $6,000 if turning age 50 or older)</td>
<td>$5,500 ($6,500 if turning age 50 or older)</td>
</tr>
<tr>
<td><strong>Required Minimum Distributions</strong></td>
<td>RMDs apply</td>
<td>Not subject to RMDs until the IRA owner dies</td>
</tr>
<tr>
<td><strong>Rollover Rules</strong></td>
<td>Can be rolled into another Roth employer plan OR a Roth IRA</td>
<td>May NOT be rolled into Roth TSP or a Roth employer plan; a Roth IRA can only be rolled into another Roth IRA</td>
</tr>
</tbody>
</table>
Retirement Savings Contributions Credit (The Savers’ Credit)

<table>
<thead>
<tr>
<th>Adjusted Gross Income (AGI) limits for 2016</th>
<th>Married Filing Joint</th>
<th>Head of Household</th>
<th>All Other Filers</th>
<th>Credit Max Per Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>$ 1 - $37,000</td>
<td>$1 - $27,750</td>
<td>$ 1 - $18,500</td>
<td>50% of contributions ($1,000)</td>
<td></td>
</tr>
<tr>
<td>$37,001 - $40,000</td>
<td>$27,751 - $30,000</td>
<td>$18,501 - $20,000</td>
<td>20% of contributions ($400)</td>
<td></td>
</tr>
<tr>
<td>$40,001 - $61,500</td>
<td>$30,001 - $46,125</td>
<td>$20,001 - $30,750</td>
<td>10% of contributions ($200)</td>
<td></td>
</tr>
<tr>
<td>Over $61,500</td>
<td>Over $46,125</td>
<td>Over $30,751</td>
<td>No Credit</td>
<td></td>
</tr>
</tbody>
</table>

IRS Form 8880  Credit for Qualified Retirement Savings Contributions
# Savers’ Credit Example

<table>
<thead>
<tr>
<th>Filing Status: Married Filing Joint</th>
<th>Gross Income: $40,000.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>10% (Traditional): - $4,000.00</td>
<td>Taxable Income: $36,000.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Credit Max Per Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>$1 - $37,000</td>
<td>50% of contributions ($1,000)</td>
</tr>
<tr>
<td>$37,001 - $40,000</td>
<td>20% of contributions ($400)</td>
</tr>
<tr>
<td>$40,001 - $61,500</td>
<td>10% of contributions ($200)</td>
</tr>
<tr>
<td>Over $61,500</td>
<td>No Credit</td>
</tr>
</tbody>
</table>
How Much Should I Save?
How Much Will My Savings Grow?

TSP FINANCIAL CALCULATORS
Get the most out of your retirement savings by carefully developing a plan for your TSP account.

**Investment Strategy**
Review a list of questions you should ask yourself before you invest, and find out how to maximize your retirement savings using the benefits of compounding, tax deferral, and account consolidation. [Learn more](#).

**Calculators**
Use these calculators to help you plan for a comfortable retirement:
- [How Much Should I Save?](#)
  *(Ballpark Estimate)*
- [How Much Will My Savings Grow?](#)
- [How Much Can I Contribute?](#)
- [Paycheck Estimator](#)
- [Contribution Comparison Calculator](#)
- [Retirement Income Calculator](#)
- [TSP Monthly Payment Calculator](#)
- [Estimate Loan Payments](#)

**Retirement Planning Phases**
It is never too early or too late to take advantage of what the TSP has to offer. Consider how to make your TSP savings work for you through contribution elections, catch-up contributions, and asset allocations throughout your career and as you near retirement. [Learn more](#).

**Living in Retirement**
Consider how to adjust your asset allocation and determine an effective withdrawal strategy to meet your unique needs during retirement. [Learn more](#).
How Much Should I Save (Ballpark Estimate)?

The TSP is one source of your retirement income. Other major sources of retirement income include your FERS Basic Annuity or CSRS annuity (or your retired pay if you are a member of the uniformed services), Social Security benefits, individual retirement accounts (IRAs), and other savings. To find out how much you need to save for retirement, link to the Federal Government Employees Ballpark Estimate calculator below. The calculator was developed by the American Savings Education Council to calculate how much you need to save each year from now until retirement based on your estimates of retirement income and existing savings.

### In-depth Retirement Planning

The Ballpark Estimate calculator is just the first step in retirement planning. For more in-depth planning, you may want to consult a financial advisor or your agency’s or service’s retirement or benefits counselor, visit the Office of Personnel Management website at [www.opm.gov](http://www.opm.gov), read books and articles on retirement planning, or use more detailed software to test a variety of assumptions for estimated benefits, expenses, and rates of return.

<table>
<thead>
<tr>
<th>What You Need for the Ballpark Estimate Calculator</th>
<th>Where to Find Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Estimate of annual income from FERS Basic Annuity or CSRS annuity.</td>
<td>Contact your agency or service personnel office to find out how to estimate your annual income from your FERS or CSRS annuity.</td>
</tr>
<tr>
<td>2 Social Security benefit estimate, if applicable</td>
<td>Get your personalized benefit estimate online by requesting your Social Security Statement at <a href="http://www.socialsecurity.gov/myaccount">www.socialsecurity.gov/myaccount</a>.</td>
</tr>
<tr>
<td>3 Current savings balances</td>
<td>Access your most recent account balance in My Account, or you can call the ThriftLine. Include savings from other retirement investment accounts, as well.</td>
</tr>
</tbody>
</table>
1. Your current age = 30
2. Your current wage = $50,000.00
3. Planned retirement age = 65
4. Desired replacement rate = 70%
5. Expected age of death = 95
6. CPI = 3%
7. Wage growth = 3%
8. Rate of return on investments (nominal) BEFORE you retire = 6%
9. Rate of return on investments (nominal) AFTER you retire = 5%
10. Yes you expect to receive defined benefit plan benefits
11. Retirement age for defined benefit benefits = 65
12. Annual defined benefit you expect in inflated (future) dollars = $33,000.00
13. Part-time income at retirement age in inflated (future) dollars = $0.00
14. Other income at retirement age in inflated (future) dollars = $0.00
15. Amount currently saved = $30,000.00
16. expected initial monthly Social Security benefit: $2,000.00
   --this is from the ss calculator
   expected initial annual Social Security benefit: $24,000.00
   --calculated field for annual

**RESULTS**

Based on the assumptions you entered, you have now saved enough to allow you to replace **41 percent** of your final wages (this includes income from Social Security).

The percentage of total salary you will need to save from now until retirement age to achieve your desired income replacement rate is **12 percent**.

The dollar amount you will need to save this year is **$5,787**.
TSP Financial Calculator
How Much Will My Savings Grow - FERS

How Much Will My Savings Grow?

1. INTRODUCTION
2. SAVINGS GROWTH INFORMATION
3. SAVINGS GROWTH ESTIMATE

* indicates required fields

Retirement System: FERS

Select Your Type(s) of Growth

This calculator will show you the growth of your current account balance, growth of future contributions from your paycheck, or both. You must select a growth model:

* Existing Account Balance ○ Future Contributions ○ Both

Existing Account Balance

* Enter the amount you already have in your TSP account: $10000.00
Future Contributions

If you are a FERS employee, you may begin contributing to the TSP (through payroll contributions) as soon as you are hired. You are also eligible to receive Agency Automatic (1%) and Matching Contributions. Note: Newly hired or rehired FERS employees are automatically enrolled to contribute 3% of basic pay unless they elect otherwise. For more information on eligibility for agency contributions, see Types of Contributions under Plan Participation.

* Enter the number of years you plan to contribute: 30 years

* Annual Pay: $45,000

* Pay Schedule: Biweekly (every 2 weeks, 26 times a year)

* Enter the whole percentage of annual pay that you would like to save: 3%

Enter the percentage of your expected annual pay increase: 3.00%

Enter the dollar amount that you plan to contribute each year in catch-up contributions: $0

Catch-up contributions are traditional and/or Roth contributions that are made by a participant age 50 or older. You must first exceed the elective deferral limit ($18,000.00 in 2016) to make catch-up contributions.

Account Growth

* Enter the number of years left until you begin withdrawing from your TSP account: 30 years

* Expected Annual Return: 6.00% View the Summary of Returns. Past performance is not a guarantee or a predictor of future returns.
## Projected Account Balance

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your existing account balance</td>
<td>$10,000.00</td>
</tr>
<tr>
<td>Growth of your existing account balance</td>
<td>$47,434.94</td>
</tr>
<tr>
<td>Your future contributions</td>
<td>$149,862.70</td>
</tr>
<tr>
<td>Growth of your future contributions</td>
<td>$208,284.16</td>
</tr>
</tbody>
</table>

### Total estimated TSP account balance

- **Contributions Growth**: $415,581.80

*Includes any agency contributions*
Increasing Contribution Rate

Future Contributions

<p>| | |</p>
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Years to Make Contributions:</td>
<td>30</td>
</tr>
<tr>
<td>Annual Pay:</td>
<td>$45,000.00</td>
</tr>
<tr>
<td>Pay Schedule:</td>
<td>Biweekly</td>
</tr>
<tr>
<td>Percent Salary to Save:</td>
<td>5%</td>
</tr>
<tr>
<td>Expected Percent Salary Increase:</td>
<td>3.00%</td>
</tr>
<tr>
<td>Annual Catch-up Contributions:</td>
<td>$0.00</td>
</tr>
</tbody>
</table>

Estimated Account Balance $569,074.39

Future Contributions

<p>| | |</p>
<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Years to Make Contributions:</td>
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<tr>
<td>Pay Schedule:</td>
<td>Biweekly</td>
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<tr>
<td>Percent Salary to Save:</td>
<td>10%</td>
</tr>
<tr>
<td>Expected Percent Salary Increase:</td>
<td>3.00%</td>
</tr>
<tr>
<td>Annual Catch-up Contributions:</td>
<td>$0.00</td>
</tr>
</tbody>
</table>

Estimated Account Balance $824,892.57
The Power of Time

Number of Years Until You Start Withdrawing: 40
Expected Annual Return: 6.00%

Estimated Account Balance $1,477,257
TSP CORE FUNDS & LIFECYCLE FUNDS
Index Investing

• Reduces trading costs and investment management fees by simply buying and holding the stocks or bonds in a particular segment of the market
• Eliminates the anxiety and expense of trying to predict which individual stocks or bonds will beat the market
• Follows a passive management approach by mirroring an index
• Actively managed funds often have higher expense ratios to account for designing and managing a portfolio that attempts to outperform the relevant benchmark
Diversification

• Diversification means spreading money among different investments to reduce risk.
• Can be summed up as “Don’t put all your eggs in one basket.”
• One way to diversify is to allocate your investments among different kinds of assets.
• Historically, stocks, bonds, and cash have not moved up and down at the same time.
• Factors that may cause one asset class to perform poorly may improve returns for another asset class.
We offer 5 core funds that you can customize based on your comfort level...

For more comprehensive information, visit the Forms & Publications section of tsp.gov and scroll to “Fund Sheets at a Glance.”
L 2050
Younger than Age 35

What It Is:
A mix of core funds designed by our experts

Consider If You’re:
Younger than 35 or planning to need your TSP savings in 2045 or later

Strategy:
Focused more on the potential for high growth over time than on the preservation of assets

L 2040
Ages 35–44

What It Is:
A mix of core funds designed by our experts

Consider If You’re:
Age 35–44 or planning to need your TSP savings between 2035 and 2044

Strategy:
Focused more on the potential for high growth over time than on the preservation of assets

L 2030
Ages 45–54

What It Is:
A mix of core funds designed by our experts

Consider If You’re:
Age 45–54 or planning to need your TSP savings between 2025 and 2034

Strategy:
Aims to provide moderate-to-high growth over time with a low emphasis on preserving your assets

L 2020
Ages 55–64

What It Is:
A mix of core funds designed by our experts

Consider If You’re:
Age 55–64 or planning to need your TSP savings between 2016 and 2024

Strategy:
Aims to provide moderate growth with a moderate emphasis on preserving your assets

L INCOME
Withdrawing soon

What It Is:
A mix of core funds designed by our experts

Consider If You’re:
Withdrawing now or planning to withdraw from your TSP account by 2015

Strategy:
Aims to preserve your assets while providing some growth

... and 5 Lifecycle funds that help you navigate investing based on when you’ll need your money.

With the exception of L Income, the investment mix of each L Fund becomes more conservative over time. To change your investments, log into the My Account section of tsp.gov and choose “Contribution Allocations” or “Interfund Transfers” on the left.
L Funds Investment Allocation

As of January 2016
Due to rounding, numbers may not add up to exactly 100%
Investment in the L Funds does not protect from investment losses
## Average Annual Returns (As of December 2015)

<table>
<thead>
<tr>
<th></th>
<th>L Income</th>
<th>L 2020</th>
<th>L 2030</th>
<th>L 2040</th>
<th>L 2050</th>
<th>G Fund</th>
<th>F Fund</th>
<th>C Fund</th>
<th>S Fund</th>
<th>I Fund</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1-Year</strong></td>
<td>1.85%</td>
<td>1.35%</td>
<td>1.04%</td>
<td>0.73%</td>
<td>0.45%</td>
<td>2.04%</td>
<td>0.91%</td>
<td>1.46%</td>
<td>(2.92%)</td>
<td>(0.51%)</td>
</tr>
<tr>
<td><strong>3-Year</strong></td>
<td>4.18%</td>
<td>7.30%</td>
<td>8.68%</td>
<td>9.65%</td>
<td>10.48%</td>
<td>2.08%</td>
<td>1.93%</td>
<td>15.21%</td>
<td>13.13%</td>
<td>4.80%</td>
</tr>
<tr>
<td><strong>5-Year</strong></td>
<td>3.90%</td>
<td>6.50%</td>
<td>7.58%</td>
<td>8.33%</td>
<td>-</td>
<td>-</td>
<td>2.03%</td>
<td>3.57%</td>
<td>12.63%</td>
<td>10.65%</td>
</tr>
<tr>
<td><strong>10-Year</strong></td>
<td>4.13%</td>
<td>5.41%</td>
<td>5.90%</td>
<td>6.15%</td>
<td>-</td>
<td>2.94%</td>
<td>4.74%</td>
<td>7.36%</td>
<td>8.03%</td>
<td>3.20%</td>
</tr>
<tr>
<td><strong>Since Inception</strong></td>
<td>4.14%</td>
<td>5.48%</td>
<td>5.97%</td>
<td>6.27%</td>
<td>3.95%</td>
<td>5.29%</td>
<td>6.45%</td>
<td>10.09%</td>
<td>8.37%</td>
<td>4.23%</td>
</tr>
<tr>
<td><strong>Inception Date</strong></td>
<td>08/01/05</td>
<td>08/01/05</td>
<td>08/01/05</td>
<td>08/01/05</td>
<td>01/31/11</td>
<td>04/01/87</td>
<td>01/29/88</td>
<td>01/29/88</td>
<td>05/01/01</td>
<td>05/01/01</td>
</tr>
</tbody>
</table>

### Monthly Returns

<table>
<thead>
<tr>
<th>Month</th>
<th>L Income</th>
<th>L 2020</th>
<th>L 2030</th>
<th>L 2040</th>
<th>L 2050</th>
<th>G Fund</th>
<th>F Fund</th>
<th>C Fund</th>
<th>S Fund</th>
<th>I Fund</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun</td>
<td>(0.53%)</td>
<td>(0.37%)</td>
<td>(1.28%)</td>
<td>(1.46%)</td>
<td>(1.66%)</td>
<td>0.11%</td>
<td>(0.17%)</td>
<td>(1.93%)</td>
<td>(0.13%)</td>
<td>(2.50%)</td>
</tr>
<tr>
<td>Jul</td>
<td>0.55%</td>
<td>1.03%</td>
<td>1.22%</td>
<td>1.33%</td>
<td>1.46%</td>
<td>0.19%</td>
<td>0.74%</td>
<td>2.10%</td>
<td>0.12%</td>
<td>2.08%</td>
</tr>
<tr>
<td>Aug</td>
<td>(1.10%)</td>
<td>(3.06%)</td>
<td>(4.04%)</td>
<td>(4.69%)</td>
<td>(5.37%)</td>
<td>0.18%</td>
<td>(0.11%)</td>
<td>(6.03%)</td>
<td>(5.80%)</td>
<td>(7.36%)</td>
</tr>
<tr>
<td>Sep</td>
<td>(0.51%)</td>
<td>(1.67%)</td>
<td>(2.26%)</td>
<td>(2.67%)</td>
<td>(3.09%)</td>
<td>0.18%</td>
<td>0.75%</td>
<td>(2.47%)</td>
<td>(4.80%)</td>
<td>(5.02%)</td>
</tr>
<tr>
<td>Oct</td>
<td>1.64%</td>
<td>3.72%</td>
<td>4.88%</td>
<td>5.58%</td>
<td>6.31%</td>
<td>0.17%</td>
<td>0.02%</td>
<td>8.45%</td>
<td>5.61%</td>
<td>7.97%</td>
</tr>
<tr>
<td>Nov</td>
<td>0.17%</td>
<td>0.17%</td>
<td>0.20%</td>
<td>0.24%</td>
<td>0.24%</td>
<td>0.17%</td>
<td>(0.24%)</td>
<td>0.31%</td>
<td>1.75%</td>
<td>(0.56%)</td>
</tr>
<tr>
<td>Dec</td>
<td>(0.28%)</td>
<td>(0.92%)</td>
<td>(1.32%)</td>
<td>(1.61%)</td>
<td>(1.65%)</td>
<td>0.15%</td>
<td>(0.30%)</td>
<td>(1.57%)</td>
<td>(3.91%)</td>
<td>(2.03%)</td>
</tr>
<tr>
<td><strong>2016</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jan</td>
<td>(0.91%)</td>
<td>(2.55%)</td>
<td>(3.58%)</td>
<td>(4.21%)</td>
<td>(4.86%)</td>
<td>0.19%</td>
<td>1.49%</td>
<td>(4.96%)</td>
<td>(8.72%)</td>
<td>(5.62%)</td>
</tr>
<tr>
<td>Feb</td>
<td>0.01%</td>
<td>(0.24%)</td>
<td>(0.41%)</td>
<td>(0.51%)</td>
<td>(0.63%)</td>
<td>0.15%</td>
<td>0.68%</td>
<td>(0.12%)</td>
<td>0.50%</td>
<td>(2.82%)</td>
</tr>
<tr>
<td>Mar</td>
<td>1.53%</td>
<td>3.35%</td>
<td>4.54%</td>
<td>5.25%</td>
<td>5.94%</td>
<td>0.15%</td>
<td>0.93%</td>
<td>6.79%</td>
<td>8.24%</td>
<td>6.59%</td>
</tr>
<tr>
<td>Last 12 mo</td>
<td>1.43%</td>
<td>(0.07%)</td>
<td>(0.89%)</td>
<td>(1.59%)</td>
<td>(2.29%)</td>
<td>2.07%</td>
<td>2.35%</td>
<td>1.87%</td>
<td>(8.53%)</td>
<td>(7.98%)</td>
</tr>
</tbody>
</table>
Investing for the Long Haul

MANAGING YOUR TSP ACCOUNT
# Participant-Directed Account Transactions

## Contribution Allocation

- Participant tells TSP how they want new money to be invested among the TSP fund options
- Includes employee contributions, agency contributions, TSP loan payments, and any transferred or rollover funds

## Interfund Transfer

- Redistributes fund balances among existing TSP fund options
- Does not affect the investment of future deposits into their TSP account

Done via TSP ThriftLine (877) 968-3778 or website TSP.gov

Generally effective as of close of business each day (based on 12 noon ET cutoff)

Participant will receive confirmation via website, email or mail
For each calendar month, the *first two* interfund transfers redistribute money among any or all of the TSP funds. After that, for the remainder of the month, IFTs can *only* move money into the G Fund.

**Example:**

<table>
<thead>
<tr>
<th>1st IFT of the Month</th>
<th>2nd IFT of the Month</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>G</strong> 20%</td>
<td><strong>G</strong> 10%</td>
</tr>
<tr>
<td><strong>F</strong></td>
<td><strong>F</strong></td>
</tr>
<tr>
<td><strong>C</strong></td>
<td><strong>C</strong></td>
</tr>
<tr>
<td><strong>S</strong></td>
<td><strong>S</strong></td>
</tr>
<tr>
<td><strong>I</strong></td>
<td><strong>I</strong></td>
</tr>
<tr>
<td><strong>L</strong> 80%</td>
<td><strong>L</strong> 15%</td>
</tr>
</tbody>
</table>

| **G** 100%           | **G** 60%            |
| **F**                | **F**                |
| **C**                | **C**                |
| **S**                | **S**                |
| **I**                | **I**                |
| **L**                | **L**                |
Thrift Savings Plan

Here's how the value of your TSP account has changed.

Value on October 1, 2013 $77,376.86
- Contributions and Additions $70,008
- Withdrawals and Deductions $14,000.00
- Investment Gain (or Loss) $1,318.74

Value on December 31, 2013 $85,371.68

Your vested account balance is $85,371.68

Your account balance distribution
- L 2050 0%
- L 2040 0%
- L 2030 0%
- L 2020 0%
- L Income 0%
- G Fund 62%
- F Fund 0%
- C Fund 28%
- S Fund 9%
- I Fund 1%

Your investment allocation for future contributions
- L 2050 0%
- L 2040 0%
- L 2030 0%
- L 2020 0%
- L Income 0%
- G Fund 60%
- F Fund 0%
- C Fund 30%
- S Fund 5%
- I Fund 5%

Your Personal Rate of Return
Last 12 Months 10.26%

Questions? tsp.gov
ThriftLine: 1-TSP-YOU-FRST
1-877-968-3778
Outside U.S. and Canada: 404-233-4400
TDD: 1-TSP-THRTS
1-877-847-4365
YouTube.com/TSP4gov

To correct personal or contribution information, contact your agency.
## YOUR QUARTERLY ACCOUNT SUMMARY

<table>
<thead>
<tr>
<th>TSP FUNDS</th>
<th>Beginning Balance</th>
<th>Contributions and Additions</th>
<th>Withdrawals and Deductions</th>
<th>Interfund Transfers</th>
<th>Gain or Loss This Quarter</th>
<th>Ending Balance</th>
<th>Beginning Shares</th>
<th>Ending Shares</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual Funds</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>G Fund</td>
<td>$48,554.54</td>
<td>$405.64</td>
<td>$8,665.38</td>
<td>0.00</td>
<td>91.14</td>
<td>$40,385.94</td>
<td>$14,207.3</td>
<td>3,417.5775</td>
</tr>
<tr>
<td>C Fund</td>
<td>21,230.80</td>
<td>202.85</td>
<td>3,932.24</td>
<td>0.00</td>
<td>1,006.17</td>
<td>18,507.58</td>
<td>21,600.1</td>
<td>982.9029</td>
</tr>
<tr>
<td>S Fund</td>
<td>6,637.01</td>
<td>33.79</td>
<td>1,224.29</td>
<td>0.00</td>
<td>197.68</td>
<td>5,644.19</td>
<td>31,0038</td>
<td>214.0709</td>
</tr>
<tr>
<td>I Fund</td>
<td>954.51</td>
<td>33.80</td>
<td>178.09</td>
<td>0.00</td>
<td>23.75</td>
<td>833.97</td>
<td>24,1817</td>
<td>39.4724</td>
</tr>
<tr>
<td>Total</td>
<td>$77,376.86</td>
<td>$676.08</td>
<td>$14,000.00</td>
<td>0.00</td>
<td>1,318.74</td>
<td>$65,371.68</td>
<td>$14,207.3</td>
<td>3,417.5775</td>
</tr>
</tbody>
</table>

## YOUR QUARTERLY LOAN SUMMARY

<table>
<thead>
<tr>
<th>Loan ID</th>
<th>Principal as of 10/01/2013</th>
<th>Amount of New Loan</th>
<th>TOTAL Principal Repaid</th>
<th>Principal as of 12/31/2013</th>
<th>TOTAL Interest Paid</th>
<th>Last Loan Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1009001G</td>
<td>$0.00</td>
<td>$14,000.00</td>
<td>$173.95</td>
<td>$13,826.05</td>
<td>$3.41</td>
<td>10/25/2013</td>
</tr>
</tbody>
</table>

## YOUR TRANSACTION DETAIL BY SOURCE

<table>
<thead>
<tr>
<th>Payroll Office</th>
<th>Posting Date</th>
<th>Transaction Type</th>
<th>Employee Traditional</th>
<th>Employee Roth</th>
<th>Agency Automatic (1%)</th>
<th>Matching</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10/10/2013</td>
<td>Contribution</td>
<td>$38,451.69</td>
<td>$0.00</td>
<td>$8,135.29</td>
<td>$30,789.88</td>
<td>$77,376.86</td>
</tr>
<tr>
<td>97380100</td>
<td>10/21/2013</td>
<td>Loan Disbursement</td>
<td>124.68</td>
<td>0.00</td>
<td>24.94</td>
<td>99.74</td>
<td>249.36</td>
</tr>
<tr>
<td></td>
<td>10/24/2013</td>
<td>Contribution</td>
<td>124.68</td>
<td>0.00</td>
<td>24.94</td>
<td>99.74</td>
<td>249.36</td>
</tr>
<tr>
<td>FRB</td>
<td>10/25/2013</td>
<td>Loan Repayment</td>
<td>177.36</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>177.36</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gain or Loss This Quarter</td>
<td>638.35</td>
<td>0.00</td>
<td>142.15</td>
<td>538.24</td>
<td>1,318.74</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ending Balance</td>
<td>$25,516.76</td>
<td>$0.00</td>
<td>$8,327.32</td>
<td>$31,527.60</td>
<td>$65,371.68</td>
</tr>
</tbody>
</table>
TSP Website (www.tsp.gov)

- View account balance
- View Annual & Quarterly Statements
- Change your contribution allocation
- Request inter-fund transfers
- Request loans and withdrawals
- Create (or change) a user ID
- Change or request a Web password

My Account  |  Plan Participation  |  Investment Funds  |  Planning & Tools  |  Life Events  |  Participant Support
Contacting the TSP

TSP Website
www.tsp.gov

Log into your account from the home page:

- MY ACCOUNT
- TSP Account Number
- User ID
- Remember your account number and user ID

Learn about:
- Benefits of TSP participation
- TSP eligibility and how to establish your account
- Contribution types and limits
- Rollovers and transfers
- Contribution allocations and interfund transfers
- Loans and withdrawals

Get information on:
- TSP fund options
- Earnings components and expense rates
- Daily and historical share prices
- Current and historical rates of return

Learn how to:
- Develop an investment strategy
- Maximize your retirement savings
- Determine how much to save and contribute
- Use the calculators to estimate loan payments, TSP monthly payments, and annualized yield

Manage your TSP account when you:
- Enter or leave Government service
- Get married, have children, or get divorced
- Are called to active duty

Get quick access to:
- Current limits and rates
- TSP forms and publications

ThriftLine
1-TSP-YOU-FRST* (1-877-968-3778)

MAIN MENU

Security
Enter TSP account number and PIN and press Enter

Account Information
- Account Balances
- Contributions and Allocations
- Interest Rates
- Loans
- Withdrawals
- PIN Change
- Market TSP Materials
- Market Statements

Plan Information Menu
- Share Prices
- Rates of Return
- Current Loan Interest Rate
- Current Annuity Interest Rate Index
- Plan News
- Fax Back Materials Request

Transactions
- TSP4gov is the official YouTube channel of the Thrift Savings Plan
- Learn more

TSP IS NOW ON TWITTER!

FOLLOW US @TSP4GOV

Secure Message Center: Civilian

Answer Center | Messages

The answers to many of your questions can be found right here in the Message Center. If you don’t see your question in the list of frequently asked questions, you can search for the answer using our search tool below.

Find an Answer

* Outside U.S. and Canada: 402-353-1000 (toll free)
** If you have both a civilian and a uniformed services account, you will be logged into the account that is associated to the PIN you entered. If you have customized your PIN to be the same for both accounts, you will be logged into the account you wish to access.
TSP Publications
Post-Training Survey

tspfeb.questionpro.com
THANK YOU!

THrift SAvINGS PlAn