



## The CARES Act and Your Retirement Plan

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The Governing Committee of the Virginia Private Colleges and Universities Multiple Employer Plan (MEP) has elected to opt-in to the retirement plan changes that are a part of the recently passed Coronavirus Aid, Relief, and Economic Security Act (CARES Act).

Beginning Tuesday, April 7th, eligible participants will be able to make a CARES Act distribution or loan request from their retirement account with TIAA. **To make a request, please contact TIAA at 800-842-2252 or by logging in to your account at [www.tiaa.org](http://www.tiaa.org).**

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### CARES Act Highlights:

- Increases the amount you can take as a retirement plan loan
- Early withdrawal penalties are waived on a COVID-19 related distribution from your retirement plan
- You have the option to spread the taxes owed for a CARES Act distribution over a three-year period
- You have the option to repay your CARES Act distribution back into the plan over a three-year period
- 2020 Required Minimum Distributions are able to be stopped or canceled

### Withdrawal & Loan Eligibility:

- An individual who is diagnosed with COVID-19 by a test approved by the Centers for Disease Control and Prevention
- An individual whose spouse or dependent has been diagnosed with COVID-19
- An individual who experiences adverse financial consequences due to COVID-19 as a result of being quarantined, furloughed, laid off, work hours reduced; unable to work because of lack of child care; or because of closing or reducing hours of a business owned or operated by the individual

For additional information on the CARES Act [click here](#) for a summary from TIAA.

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## Additional Help

If you have questions about how changing market dynamics are affecting your portfolio and your goals, help is available.

All employees are eligible to go through a holistic financial planning session with an advisor from Millennium Advisory Services and receive a customized financial plan and advice based on your goals to and through retirement.

To schedule an appointment with an advisor, email Millennium's office at [schedule@mcmva.com](mailto:schedule@mcmva.com) or reach out via phone to 877-435-2489.

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**\*\*Please do not leave financial requests on voicemail or send by email as they cannot be processed without verbal confirmation.** For your security, any confidential information such as social security numbers and account numbers should only be sent by secure email or faxed to 804-346-1044, Attn: Client Service Team.

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