



IRS contribution limits for 2023

You can contribute up to \$22,500 to your retirement account. If you're 50 or older, you're eligible to contribute an additional \$7,500 for a total of \$30,000.

Contributing helps you create a nest egg that can make it possible for you to retire on your terms.

Why save more?

There are tax advantages to saving within your plan, and the impact to your take-home pay from contributing may not be as much as you think.

Your money has the potential to grow through the power of compounding interest. This is a good thing since chances are the cost of living will only increase. Saving more may bring you closer to the kind of retirement you want and deserve.

Starting or increasing your plan contributions is easy

- To enroll, visit PeopleSoft HR and select *Employee Self-Service*; then click *Benefits* and select *Enroll In or Update My 401(k)*. By enrolling online in Peoplesoft HR, you will authorize contributions, as a percent of your salary, to be deducted from your paycheck.
- To indicate which funds your 401(k) plan contributions will be invested in, and to designate a beneficiary(ies), visit TIAA.org/bnl. Your plan offers a wide range of investment choices so you can build a diversified portfolio.
- Consider increasing your retirement plan contributions today. Give your investments more potential. Visit TIAA.org/bnl or call **800-842-2252**—TIAA financial consultants are available weekdays, 8 a.m. to 10 p.m. (ET).



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Distributions from 403(b) plans before age 59½, severance from employment, death, or disability may be prohibited, limited, and/or subject to substantial tax penalties. Different restrictions may apply to other types of plans.

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