



# VRS Update

Virginia Retired Teachers Association (VRTA)

October 1, 2024

Presented by Patricia S. Bishop, VRS Director



Serving those  
who serve others

Our mission is to deliver retirement and other benefits to Virginia public employees through sound financial stewardship and superior customer service



Helping members plan  
for tomorrow, today



VRS is the **14<sup>th</sup> largest** public pension system in the **U.S.**



VRS serves **more than 829,000** members, retirees and beneficiaries

VRS is the **42<sup>nd</sup> largest** public pension system in the **world**



# Helping Members Plan for Tomorrow, Today



# VRS Total Membership as of June 30, 2024

	Plan 1	Plan 2	Hybrid	Total
Teachers	51,741	25,926	78,488	<b>156,155</b>
Political Subdivision Employees	29,218	31,941	57,481	<b>118,640</b>
State Employees	22,876	12,253	43,904	<b>79,033</b>
State Police Officers' Retirement System (SPORS)	868	1,012	—	<b>1,880</b>
Virginia Law Officers' Retirement System (VaLORS)	1,610	5,773	—	<b>7,383</b>
Judicial Retirement System (JRS)	120	38	294	<b>452</b>
<b>Total Active Members</b>	<b>106,433</b>	<b>76,943</b>	<b>180,167</b>	<b>363,543</b>

**Total  
Active Members  
363,543**

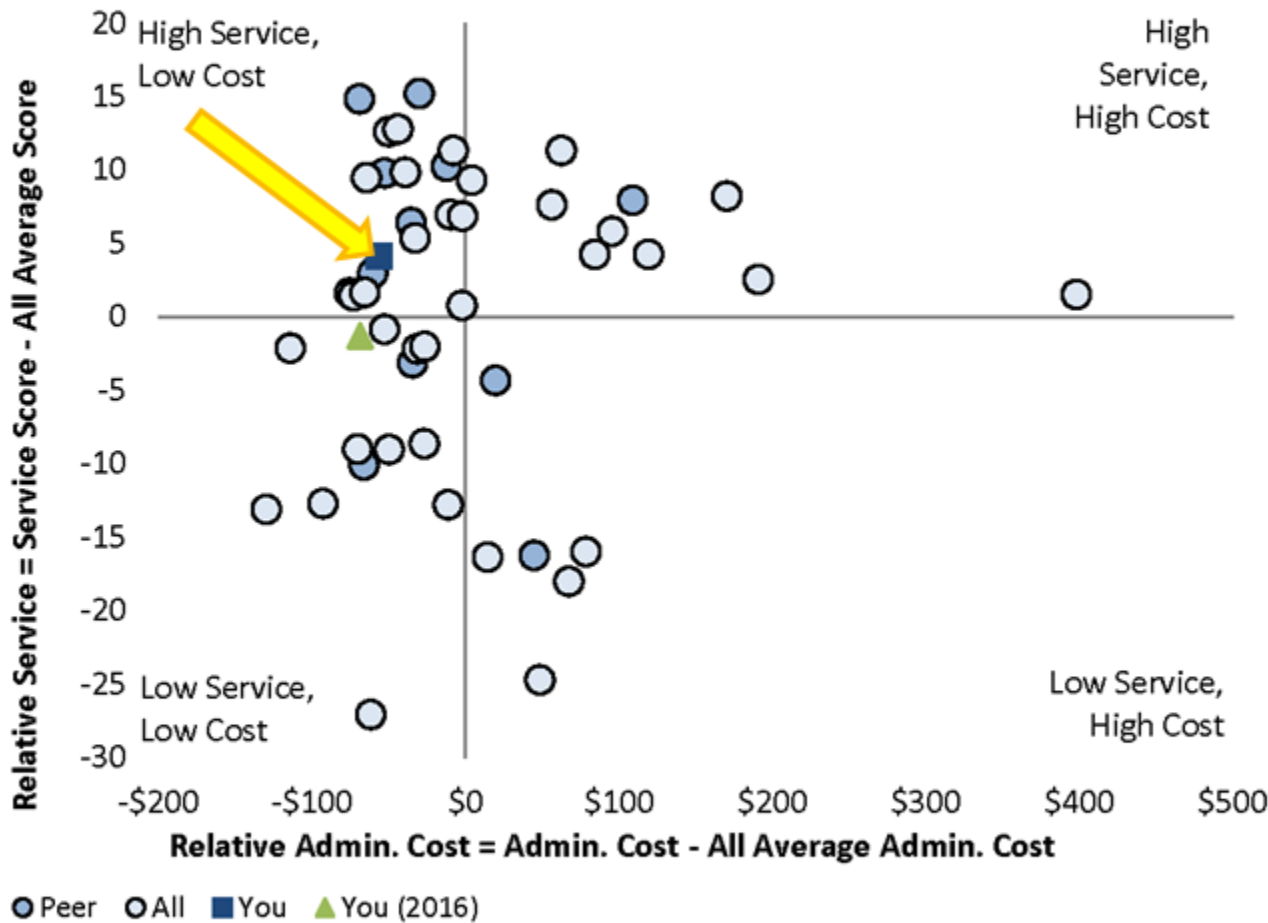
**Retirees/  
Beneficiaries  
244,539**

**Inactive/Deferred  
Members  
221,804**

**VRS Total  
Population  
829,886**

# Service-Cost Relationship

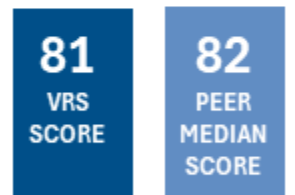
Relationship between VRS service and pension administration cost



## Pension Administration Cost



## Total Service Score

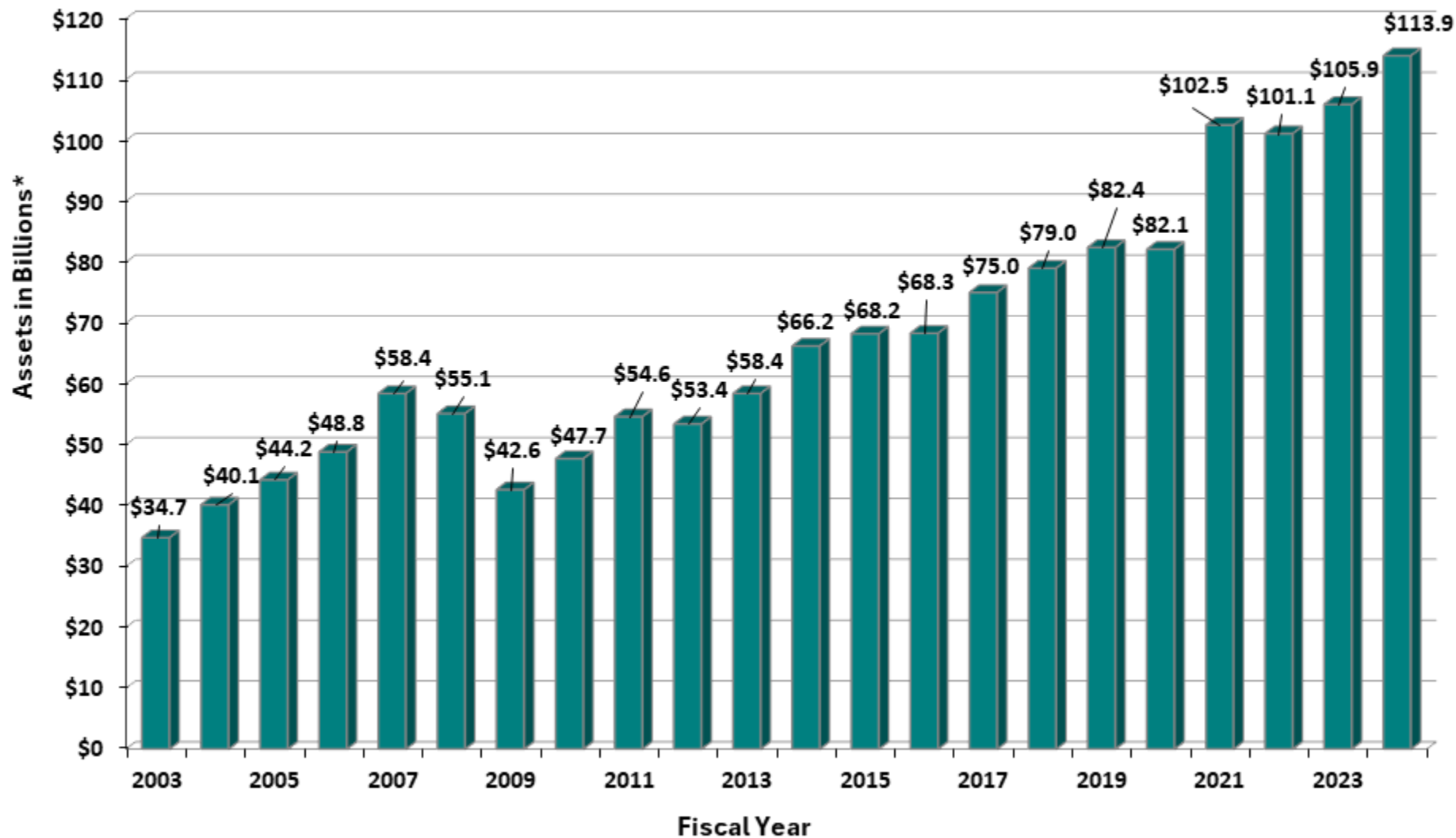




VRS invests  
for the long term  
with a diversified  
portfolio



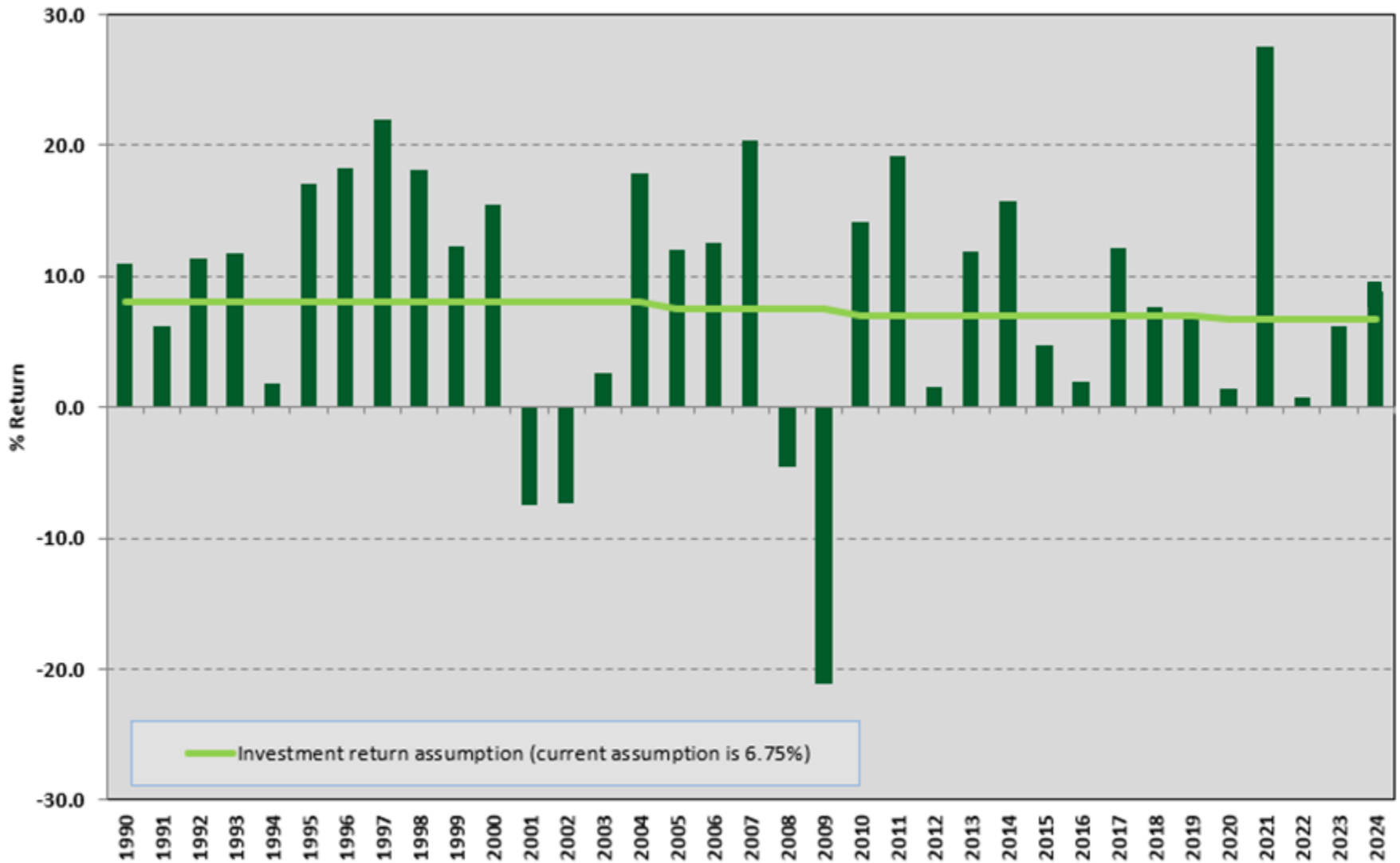
# VRS Fund Value



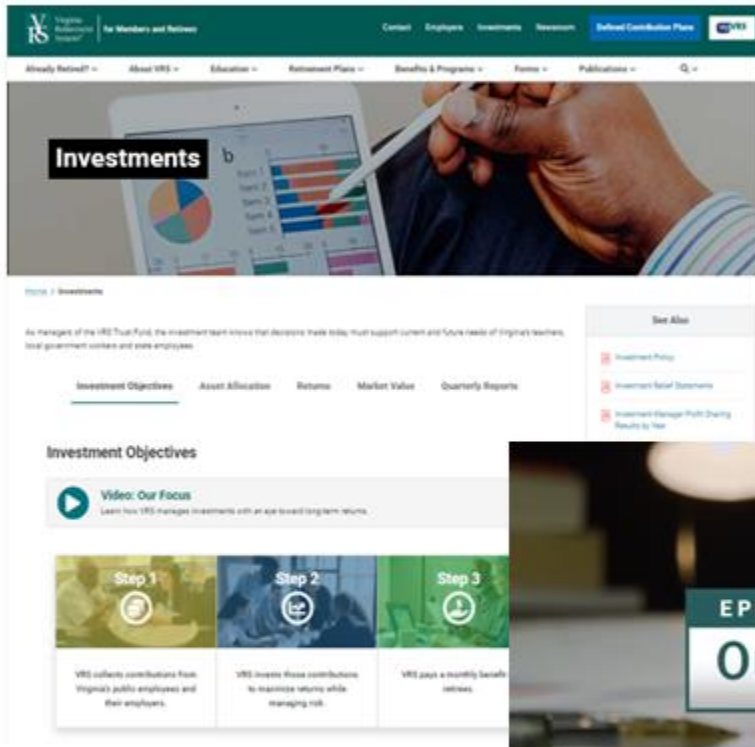
\* Values for all years prior to FY2020 in this table were adjusted to reflect the impact of the implementation of GASB Statement No. 84 in FY 2020.



# VRS Fiscal Year Returns



# VRS' Long-Term Investment Strategy



The screenshot shows the VRS Investments webpage. At the top, there is a navigation bar with the VRS logo and links for 'Contact', 'Employers', 'Investments', and 'Resources'. Below the navigation bar, there is a main heading 'Investments' with a background image of a hand pointing at a tablet displaying charts. The page content includes a section for 'Investment Objectives' with a video player titled 'Video: Our Focus' and three steps: Step 1 (VRS collects contributions), Step 2 (VRS invests contributions), and Step 3 (VRS pays a monthly benefit).

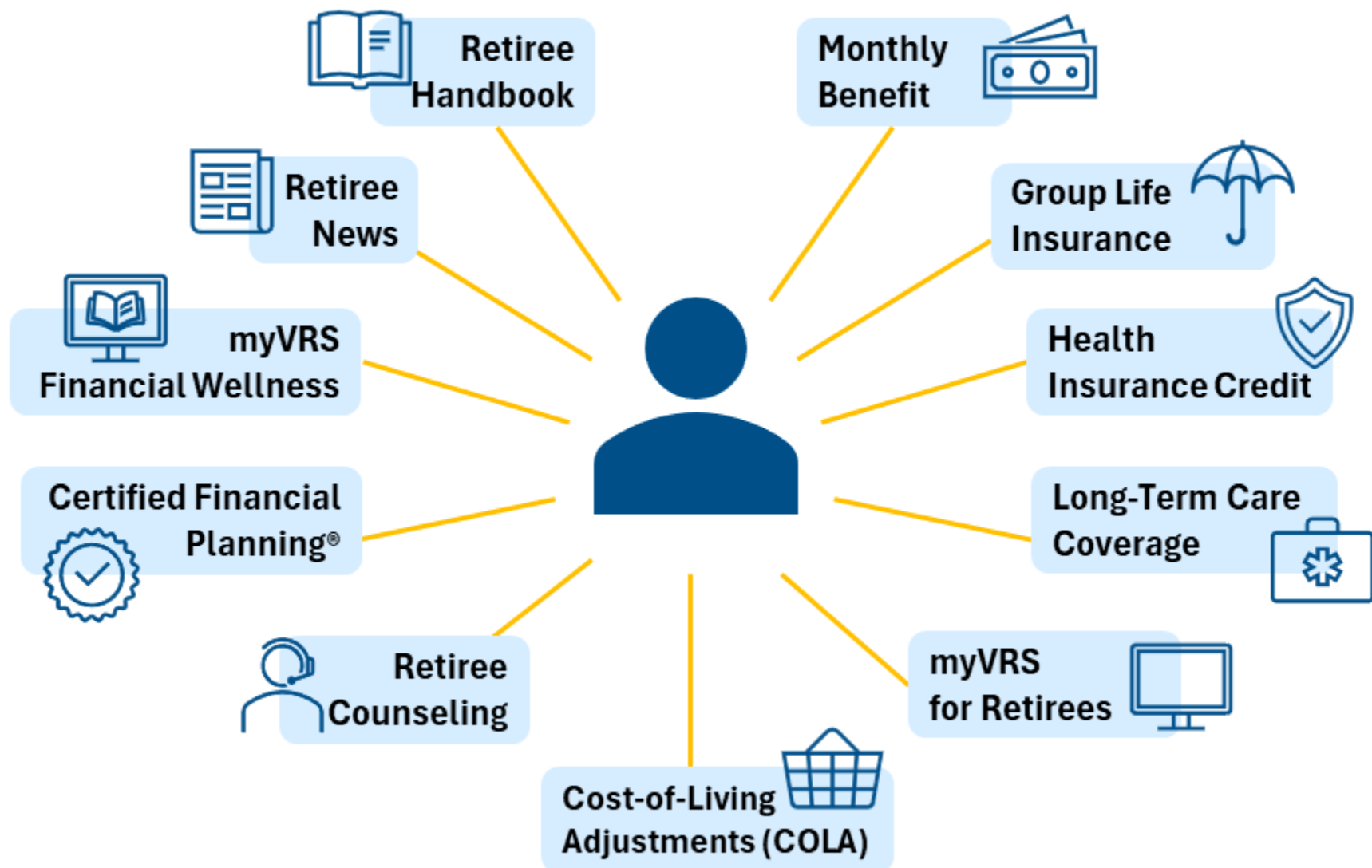


Visit [varetire.org/investments](https://varetire.org/investments)

VRS provides benefits  
and helpful resources  
to retirees



# Retiree Benefits and Resources





# myVRS<sup>®</sup> for Retirees

myVRS Home My Account **Manage My Retirement** Help Fifi Lykke Logout

Hello, Fifi

Your Retirement at a Glance  
Account information through 07/30/2021

Last Payment Date	September 2021
Net Monthly Benefit Payment	\$3,360.76

[Detailed Payment Information](#)

**Note:** VRS deposits your benefit payment directly to the account(s) you designate. [Change Payment Destination now.](#)

[Direct Deposit Schedule](#)

#### Retirement Information Summary

Retirement Date:	December 1, 2020
Plan:	Plan 1
Retirement Type:	Service
Age at Retirement:	52 years 7 months

[More Details](#)

#### Your Payment Destination

FIRST CITIZENS BANK & TRUST COMPANY  
100 E Tyron Rd  
Raleigh, NC 27603  
Acct # XXXXXXXX3927

[More Details](#)

#### Important

VRS sends you an earnings statement only when there is a change to your net benefit amount or account, such as when you have a cost-of-living adjustment, a change to your health insurance premium or tax withholding amount, or if you change bank accounts.

#### I Want To...

- Update My Profile
- Print Income Verification
- View My Tax Information
- View Cost-of-Living Adjustments
- View My Payment Destination

#### Living in Retirement

Find Your Balance

#### Managing Your Finances

Tips for Staying Financially Fit

#### Staying on Track

Checklist for Retirement

# Online Account Security

- **Regularly review/monitor your accounts**, including your myVRS account.
- **Other tips:**
  - Never give account information to anyone.
  - Use passphrases/different passwords.
  - Don't share your usernames or passwords.
  - Secure your home WiFi.
  - Obtain a free credit report once every 12 months: visit [annualcreditreport.com](https://annualcreditreport.com) or call toll-free at 877-322-8228.
  - Access helpful tips at [consumer.ftc.gov](https://consumer.ftc.gov).



**Be cautious** of free retirement planning offers or advice.  
**If you are uncertain** if a communication came from VRS, **call 888-827-3847**.

**Claim your Social Security account at**  
[secure.ssa.gov](https://secure.ssa.gov)

# myVRS Checklist



Visit your account frequently



Change your password periodically;  
do not share that password



Update your contact information:

- Mailing address
- Cell number
- Email address



View your beneficiary information  
and benefit statements

# 2024 Cost-of-Living Adjustment (COLA)

**3.56%**

Plan 1 COLA

**3.00%**

Plan 2 & Hybrid COLA

The increase was included in the August 1 benefit payment of eligible retirees.

## ***The Code of Virginia:***

- Requires VRS to **determine the COLA** annually.
- **Sets the method** for the calculation and **caps the annual COLA** for retirees at:
  - a **3% maximum** for Plan 2 and Hybrid Retirement Plan members
  - a **5% maximum** for Plan 1 members



# 2024 Cost-of-Living Adjustment (COLA)



During years of zero inflation or deflation, no COLA is provided.



May not match the annual inflation rate because it is an average of the monthly rates of inflation for the year per the *Code*.



Assists retirees with rising costs.

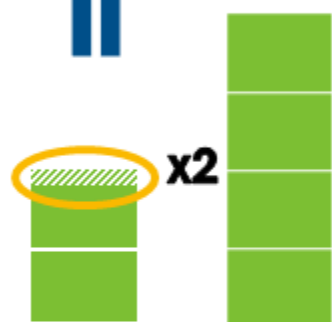


**Virginia is one of the few state pension systems required by statute to review the COLA annually.** Most are provided on an ad hoc basis.

# Group Life Insurance in Retirement



- Retirement: March 1, 2022
- **Creditable compensation at retirement: \$49,780**



**Calculation:**  
\$49,780 rounded to \$50,000, then **doubled** to equal \$100,000

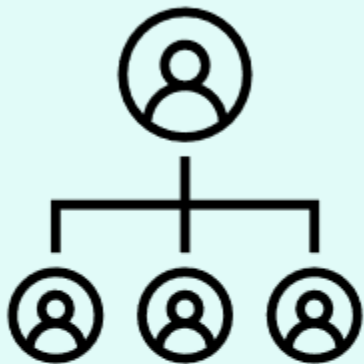
- **First 25% reduction:**  
January 1, 2024
- Coverage: **\$75,000**

- **Second 25% reduction:**  
January 1, 2025
- Coverage: **\$50,000**

- **Final reduction:**  
January 1, 2026
- Coverage: **\$25,000** for the rest of your retirement

If you have at least 30 years of service credit, your Group Life Insurance coverage cannot reduce below **\$9,532**, effective July 1, 2024.

# Update Your Beneficiary



*Always*  
**keep your beneficiaries  
up to date!**



Use myVRS to update your  
beneficiaries at any time

For DC plan accounts, use  
Account Access to name  
and manage your  
beneficiaries.

# Health Insurance Credit



- Provides a reimbursement to assist with the cost of individual health insurance premiums.
- Dollar amount set by the General Assembly.
- Current credit amount payable for teachers is \$4.00/year of service (no maximum).

To be eligible you must:

- Retire from an eligible employer.
- Have 15 years of service credit.

See more  
details at  
[varetire.org](http://varetire.org)

**Always keep your health insurance credit  
information up-to-date with VRS!**



# VRS Website and Social Media

The screenshot shows the VRS website homepage. The top navigation bar is dark green with the VRS logo and 'Virginia Retirement System for Members and Retirees' on the left. On the right, there are links for 'Contact', 'Employers', 'Investments', and 'News Releases'. A blue button labeled 'DEFINED CONTRIBUTION PLANS' is next to the 'myVRS' logo, which is circled in yellow. Below this is a white navigation bar with a dropdown menu 'Already Retired?' (also circled in yellow) and other categories: 'About VRS', 'Education', 'Retirement Plans', 'Benefits & Programs', 'Forms', 'Publications', and a search icon. The main content area features a scenic background image of a field and mountains. A dark green overlay on the left contains the text 'Find it fast' and 'The most sought-after resources for Active and Retired VRS members.' Below this is a 'QUICK TOPICS' dropdown menu. At the bottom, there are four service tiles: 'Milestones', 'Education & Counseling', 'Member Benefit Profile', and 'myVRS Financial Wellness'.



Facebook



LinkedIn



YouTube



varetire.org

# myVRS Financial Wellness

Videos



Infographics



Webinars

Start  
Here  
Guides



Articles

Interactive  
learning  
resources



Personalized content  
in myVRS



Easy access  
to courses

# Your Money Personality

Understand the “why” behind your money decisions with our behavioral assessment in myVRS Financial Wellness

- Discover your Money Personality types: Emotions, Outlook, Focus, Influence and Bonus
- Identify your biggest strengths and challenges
- Explore tools, articles and courses designed for your Money Personality
- Pursue action items geared to your Money Personality



YOUR EMOTIONS TYPE

Cautious



YOUR OUTLOOK TYPE

Optimistic



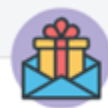
YOUR FOCUS TYPE

Future Focused



YOUR INFLUENCE TYPE

Independent



YOUR BONUS TYPE

Organized



## Preparing an estate plan

This course explores the estate planning process and the role an estate plan plays in helping individuals prepare for the unexpected.

[Start Course](#)

### More about this course

It can be intimidating thinking about the future, as we never know what tomorrow may bring. Fortunately, there are tools individuals can use to prepare and plan for the unexpected and detail their unique wishes. In this course, we'll dive into what an estate plan is, highlighting the different benefits it provides individuals—whether you're in college or nearing retirement. After discussing what can happen if you pass away without an estate plan, the course explores key terms and common estate planning documents. While everyone's situation is unique, we'll cover checklist items that people generally follow when creating their estate plan. Finally, the course wraps up with an overview of estate planning mistakes to avoid, which can ultimately help give you and your loved ones peace of mind that your wishes are covered.

### What you'll learn

- ✓ What an estate plan can do
- ✓ Key terms and parties
- ✓ How to identify what documents you need
- ✓ Estate planning mistakes to avoid
- ✓ What happens when you pass away without an estate plan
- ✓ Common estate planning documents
- ✓ The role of taxes in estate planning

### Course overview

RECOMMENDED

LENGTH

🕒 25 mins.

LEVEL



INCLUDED

- 📁 Personalized course setup
- 📺 12 mins. of on-demand video
- ★ 1 interactive exercise
- ✍️ Quizzes with immediate feedback
- 📄 Personalized action plan and certificate

[Start Course](#)

# Financial Planning Services

- CFP® complements the existing myVRS Financial Wellness program.
- Available to **all** VRS members and retirees, regardless of participation in a DC plan, through MissionSquare Retirement.
- Dedicated financial planners for VRS membership; no investment advice provided.



## Meet with a CFP® Professional

- Free consultation
- Comprehensive view of your financial situation and overall financial wellness
- Your spouse or loved one may join the conversation

## Attend a Live Financial Planning Webinar

Free webinars with CFP® professionals to address your education needs as you journey through retirement

[varetire.org/make-a-plan](https://varetire.org/make-a-plan)



# What's Your Story?

You have an interesting story.  
Share it with other retirees!

Contact VRS at [proffice@varetire.org](mailto:proffice@varetire.org)  
with your unique retirement  
experiences or advice  
about life in retirement.

You might become one  
of our featured retirees!

Here's how you can receive  
Retiree News delivered to your inbox:

- Log into your **myVRS** account and select **Update Profile**.
- Select **Edit**, then **Retiree News Preference** and change it to **Online**.

The image shows a grid of retirement news articles. A yellow circle highlights the 'Retiree Profile' article. The grid includes:

- News Know to**: News and Announcements. VRS' investment return, tax season reminders, DCP specialist tips, and DCP's eligibility center for financial planning assistance.
- Exercise Your Mind**: Don't Just Retire; 'Rewire' With Hobbies, Social Activities. Discover how staying active mentally can reap significant health benefits and new opportunities.
- DCP**: VRS Transitioning to New DCP Record Keeper in 2025. Know what the upcoming change means for you.
- Retiree Profile**: Anne Stiles Finds Joy as Volunteer Food Pantry Manager. If she's not at the Blackstone pantry, her number's likely on the door for those seeking a meal after hours.
- 2024**: Direct Deposit Schedule. Note the dates for your retirement benefit payments.
- How Divorce Can Affect Your Retirement Benefits**: Your benefit payout option and the amount of your benefit may be affected.
- Retiree Spotlight**: Chatting With Singer June Montgomery on Pursuing Her Dreams in Retirement. After a career in education, she's now achieving her lifelong goal to be a solo recording artist.
- Strategies for Women**: Women in Retirement; Build Financial Resilience With These Strategies. Women face unique challenges in retirement. Learn how VRS services and other resources can help.
- Insurance in Retirement**: Use myVRS to Apply for Health Insurance Credit, Update Premium Info. The credit is added to your monthly benefit to assist with the cost of premiums.

Visit [news.varetire.org/retiree-news](https://news.varetire.org/retiree-news)  
for profiles, news and much more!



# Organize Your Personal Information



**Get Organized**  
Your inventory of personal assets, expenses and documents

Organizing your personal assets, expenses and documents is a priority, regardless of your age. You are required, however, to do so by the publicly required personal records act of the Virginia Retirement System (VRS) as a condition of your membership. Use the checklist to help you get organized. Tables and notes accompany each page.

**Points to Consider**

Some items have been included in the VRS-900 form. Other items require additional documentation.

- **Will my assets in any state, your residence and in any country, be subject to your state and local laws and Federal estate tax?**
- **Will my assets be subject to gift tax?**
- **Do you have any personal information that is a record of your personal, family and other assets?**
- **Do you have any personal information that is a record of your personal, family and other assets?**

**If you are a VRS member or retiree:**

- **What are your personal, family and other assets?**
- **What are your personal, family and other expenses?**
- **What are your personal, family and other documents?**
- **What are your personal, family and other assets?**
- **What are your personal, family and other expenses?**
- **What are your personal, family and other documents?**

**Get Organized:**  
Your inventory of personal assets, expenses and documents



**Losing a Loved One**  
Guide for Families

Help with your next steps to claim VRS benefits

**Losing a Loved One:**  
Guide for Families



**AUTHORIZATION TO DISCUSS VRS ACCOUNT INFORMATION**

Virginia Retirement System  
P.O. Box 2000 • Charlottesville, Virginia 22904-2000  
Phone: 800-554-4444 • Fax: 434-977-4444

**Important Information:**

This authorization is required for you to be able to discuss your VRS account information with the Virginia Retirement System (VRS) and its representatives. This authorization is valid for one year from the date of signing. You may revoke this authorization at any time. For more information, please contact the Virginia Retirement System at 800-554-4444 or visit our website at [www.vrs.virginia.gov](http://www.vrs.virginia.gov).

**Part A. MEMBER INFORMATION**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State: \_\_\_\_\_  
Zip: \_\_\_\_\_

**Part B. AUTHORIZATION OF MEMBER**

I, the undersigned, authorize the Virginia Retirement System (VRS) and its representatives to discuss my VRS account information with the Virginia Retirement System (VRS) and its representatives. This authorization is valid for one year from the date of signing. I understand that I may revoke this authorization at any time. For more information, please contact the Virginia Retirement System at 800-554-4444 or visit our website at [www.vrs.virginia.gov](http://www.vrs.virginia.gov).

Member Name: \_\_\_\_\_  
Member ID Number: \_\_\_\_\_  
Member Address: \_\_\_\_\_  
Member City/State: \_\_\_\_\_  
Member Zip: \_\_\_\_\_

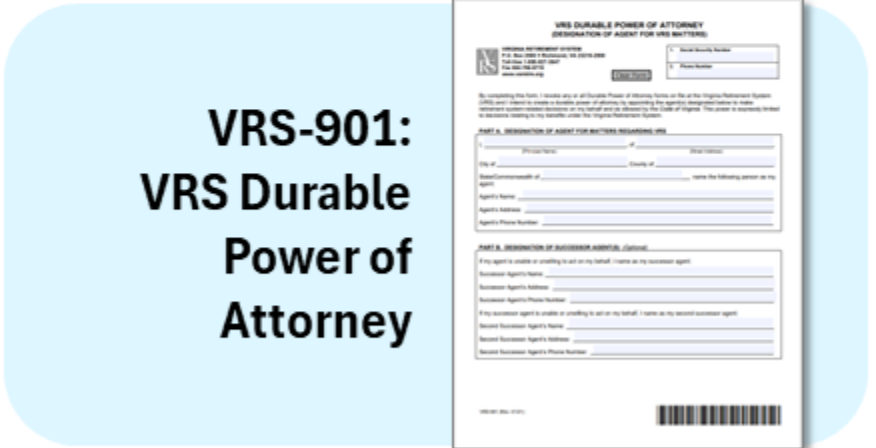
**Part C. AUTHORIZATION OF AGENT**

I, the undersigned, authorize the Virginia Retirement System (VRS) and its representatives to discuss my VRS account information with the Virginia Retirement System (VRS) and its representatives. This authorization is valid for one year from the date of signing. I understand that I may revoke this authorization at any time. For more information, please contact the Virginia Retirement System at 800-554-4444 or visit our website at [www.vrs.virginia.gov](http://www.vrs.virginia.gov).

Agent Name: \_\_\_\_\_  
Agent Address: \_\_\_\_\_  
Agent City/State: \_\_\_\_\_  
Agent Zip: \_\_\_\_\_

Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

**VRS-900:**  
Authorization to Discuss VRS Account Information



**VRS DURABLE POWER OF ATTORNEY**  
DESIGNATION OF AGENT FOR VRS MATTERS

Virginia Retirement System  
P.O. Box 2000 • Charlottesville, VA 22904  
Phone: 800-554-4444 • Fax: 434-977-4444

**Important Information:**

This document is a power of attorney for VRS matters. It is valid for one year from the date of signing. You may revoke this document at any time. For more information, please contact the Virginia Retirement System at 800-554-4444 or visit our website at [www.vrs.virginia.gov](http://www.vrs.virginia.gov).

**Part A. DESIGNATION OF AGENT FOR VRS MATTERS REGARDING:**

My agent is \_\_\_\_\_ of \_\_\_\_\_ State of \_\_\_\_\_  
City of \_\_\_\_\_  
Agent's Address: \_\_\_\_\_  
Agent's Name: \_\_\_\_\_  
Agent's Phone Number: \_\_\_\_\_

**Part B. DESIGNATION OF SUCCESSOR AGENT (optional):**

If my agent is unable or unwilling to act on my behalf, I name as my successor agent: \_\_\_\_\_  
Successor Agent's Name: \_\_\_\_\_  
Successor Agent's Address: \_\_\_\_\_  
Successor Agent's Phone Number: \_\_\_\_\_

If my successor agent is unable or unwilling to act on my behalf, I name as my second successor agent: \_\_\_\_\_  
Second Successor Agent's Name: \_\_\_\_\_  
Second Successor Agent's Address: \_\_\_\_\_  
Second Successor Agent's Phone Number: \_\_\_\_\_

Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

**VRS-901:**  
VRS Durable Power of Attorney

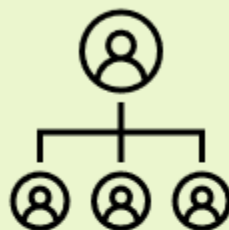
# Your Action Plan



[Secure your myVRS account](#)



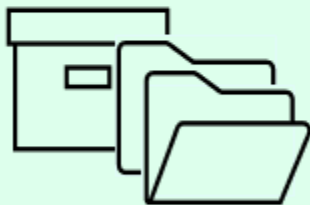
[Ensure your contact info is current in myVRS](#)



[Update your beneficiaries](#)



[Consider a financial plan](#)



[Organize your assets and documents](#)



[Explore myVRS Financial Wellness](#)



[Share your story for Retiree News](#)

Serving those  
who serve  
others



Virginia  
Retirement  
System®

