Strategic Focus: Save (www.captrustadvice.com)

Webinars

- **ASK CAPTRUST | Tax Filing Tips (January 20)**
  Tax filing season will be here before we know it! In our new short-form webinar series, ASK CAPTRUST, we will share tax filing tips, provide answers to some of your pressing questions, and share some resources to reduce your stresses related to filing taxes. View recording - https://www.captrustadvice.com/webinar-recording-ask-captrust-tax-filing-tips/

- **Topical Webinar | Prioritizing Savings (February 16)**
  Many people have multiple savings goals that are of equal importance, from establishing an emergency fund to saving for retirement or a child's college. So, how do you determine which to save for first? If this question has been on your mind, register for our upcoming webinar on prioritizing savings goals. Register here - https://www.captrustadvice.com/future-webinar-prioritizing-savings/

Topical Videos – posted to captrustadvice.com and emailed directly if CAPTRUST has your email address

- **Market Update (January)**
  CAPTRUST'S Chief Investment Officer, Mike Vogelzang, outlines what has happened in the markets and explains it relative to the participant perspective.

- **LIFE Video | The 1 Percent Challenge (February)**
  Did you know that increasing your deferral rate in your retirement plan as little as 1 percent each year can significantly help your money accumulate over time? In this Lessons in Financial Experiences (LIFE) episode, we discuss the 1 Percent Challenge and the positive impact of putting an additional 1 percent of your salary away each year toward your retirement.

- **Benefits of Saving Now (March)**
  This video discusses the benefits and advantages of starting to save now and how it may impact your retirement. We'll also share some practical and easy steps to take to jump-start your savings.

Please note: Dates and content subject to change
Webinars

• Early Career Planning Considerations (February 10)

Figuring out how to get on track for retirement does not need to be a puzzle. Find out how CAPTRUST can help you put together the small pieces that make up the bigger picture as you start and grow into your career. Topics discussed include starting saving for your future and how to choose the right investments starting out. Register here - https://register.gotowebinar.com/register/6856143713666244363

• Considerations for Previous Accounts and Investments (February 23)

CAPTRUST will discuss considerations with accounts and investments you may have accumulated in the past, including those at TIAA and AIG. There will also be discussion about the valuable advice you have available through CAPTRUST as part of your benefits. Register here - https://attendee.gotowebinar.com/register/4368099533238222608

• Mid-Career Planning Considerations (March 10)

The discussion will focus on many of the financial goals a mid-career individual may have such as saving for retirement, paying for college, setting an emergency fund and a lot more. There will also be discussion about the valuable advice you have available through CAPTRUST and the interactive retirement planning tool available to participants, the CAPTRUST Retirement Blueprint. Register here - https://attendee.gotowebinar.com/register/5775739399093909776

Dedicated Virtual Consultations – visit www.captrustradvice.com/usg to schedule

If these sessions are full or you are looking for additional dates/times for consultations – the CAPTRUST Advice Desk is available, and you can schedule by visiting https://www.captrustradvice.com/scheduler/