

Pre-Retirement Planning

- ☐ Visit the [TVARS SharePoint](#) to request a retirement estimate.
- ☐ Schedule a meeting with a Fidelity Workplace Consultant by visiting [Home - Tennessee Valley Authority \(fidelity.com\)](#).

Preparing for Retirement

- ☐ Schedule a meeting with a Retirement Consultant within a year of retirement to learn more about your retirement benefit options.
- ☐ Submit a retirement application to tvvars@tva.gov. The following applications are available on www.tvvars.com:
 - RS-IMMRET for immediate monthly benefits
 - RS-179 for a lump-sum payment or rollover(to IRA)
 - RS-DEFRET for deferred retirement benefits
- ☐ Verify your 401(k) Plan beneficiary in Fidelity Net Benefits by selecting “Profile”, then “Beneficiaries”.
- ☐ Review “Benefits Summary for Terminating Employees” in PeopleGateway for important information and forms regarding medical, dental, and life insurance.
- ☐ Open a “Leaving TVA” case in PeopleGateway by selecting “Career & Recruiting”, then “Leaving TVA”.
- ☐ To continue medical coverage, open a “Benefits Inquiry” case in PeopleGateway and attach the Retiree Medical Application (TVA Form 17328). Form must be received within 30 days after termination.
- ☐ To enroll in the Retiree Dental Plan, submit TVA Retiree Enrollment Form directly to Delta Dental no later than 30 days after employment ends.
- ☐ Contact Long Term Care Partners at 800-582-3337 if you wish to continue payroll deductions for your Federal long-term care insurance. Use Payroll Office Identifier No. 64909901.

Additional Information

If your retirement application is not received within 60 days after your termination date, you will be subject to a default deferred retirement benefit with payments scheduled to begin no later than age 65.

If you have questions regarding Retiree Health Care Benefits (including TVA Medical Plans, Medicare, Via Benefits, and Health Reimbursement Accounts), please open a “Benefits Inquiry” case in PeopleGateway or call 888-275-8094.

For information regarding retiree organizations outside of TVARS:

- Visit www.mytvara.org to find out how you can stay involved and informed with the TVA Retirees Association. TVA pays your dues for the first year of retirement.
- Visit www.mybvi.org for ways TVA retirees can get involved in volunteer work, TVA contract work, and FEMA work.

Contact Us

Website: www.tvvars.com
(from work or home)

Email: tvvars@tva.gov

Phone: 800-824-3870

Fax: 865-632-8591

TVA Mail: TVA Retirement System,
WT 8A-K