



# Many people don't save for retirement because ...



"I can't afford to save."



"It's too far away."



"I'm not an investment expert."



"I don't know what steps to take."



"I don't have time to keep up with it."



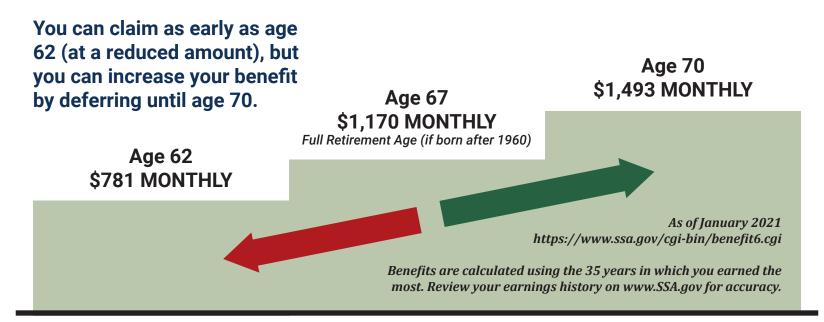
"I'll start saving later."

WHY SHOULD YOU SAVE?

# SOCIAL SECURITY MAY NOT BE ENOUGH

# The average monthly benefit is \$1,657 (\$19,884 annually).

Annual Income Before Retirement	Estimated Social Security Benefit Monthly (Annually) at Full Retirement Age
\$20,000	\$978 (\$11,736)
\$30,000	\$1,170 (\$14,040)
\$40,000	\$1,363 (\$16,356)
\$50,000	\$1,556 (\$18,672)
\$60,000	\$1,748 (\$20,976)
\$70,000	\$1,941 (\$23,292)
\$80,000	\$2,133 (\$25,596)
\$90,000	\$2,325 (\$27,900)
\$100,000	\$2,518 (\$30,216)
\$110,000	\$2,635 (\$31,620)
\$120,000	\$2,725 (\$32,700)





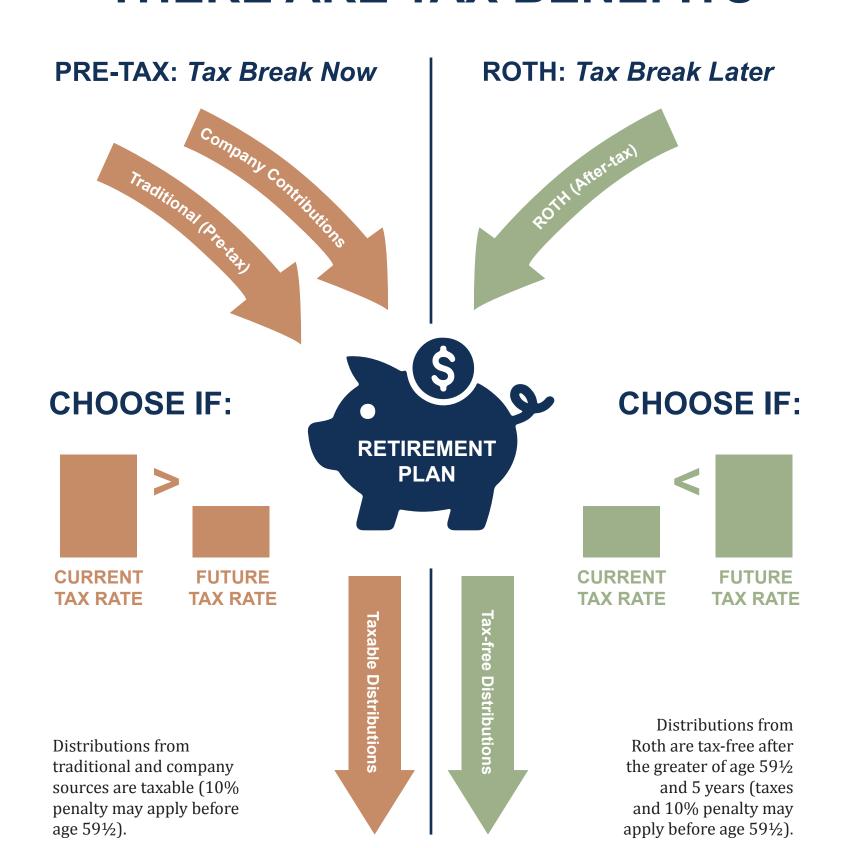
# **APPENDIX A: PLAN SUMMARY**

# Lewis Thomason, P.C.

ELIGIBILITY	6 consecutive months
ENTRY	Monthly
EMPLOYEE CONTRIBUTION	Traditional (pre-tax) 401(k) or Roth (after-tax) 401(k)
EMPLOYER CONTRIBUTION	Automatic Enrollment: 3% of compensation if no election form is on file Safe Harbor Match: 100% of 1st 3% plus 50% of next 2% contributed No accrual requirements
VESTING	Safe Harbor Match: 100% vested immediately
OTHER PROVISIONS	Hardship Distribution: upon termination, death, disability, or age 59 ½ (if fully vested)  Loans: 1 max; minimum \$1,000

#### **APPENDIX B: TAX BENEFITS**

### THERE ARE TAX BENEFITS



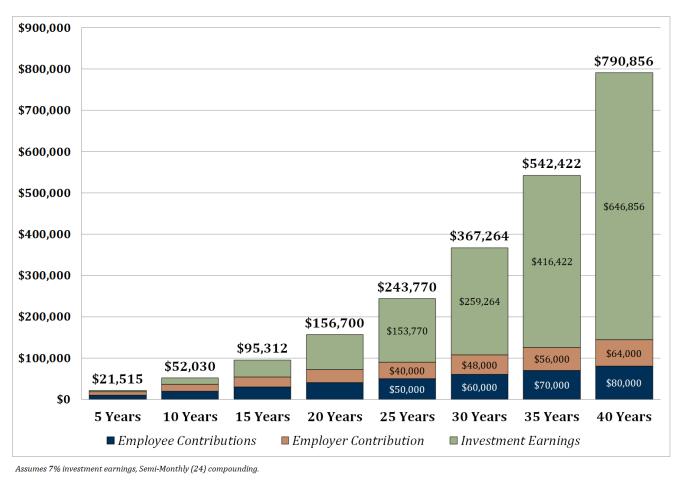
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#### **APPENDIX C: ACCOUNT GROWTH**

# CONSISTENT SAVINGS LEAD TO BIG RESULTS

PER PAYCHECK	"SPENDING SAM"	"CONSISTENT CONNIE"		
Salary	\$40,000	\$40,000		
Deferral	0%	5.00%		
Paycheck Reduction	\$0	\$73.33		
Total Amount Saved	\$0	\$83.33 + \$66.67 Employee Contribution + Employer Contribution		

#### POTENTIAL ACCOUNT GROWTH



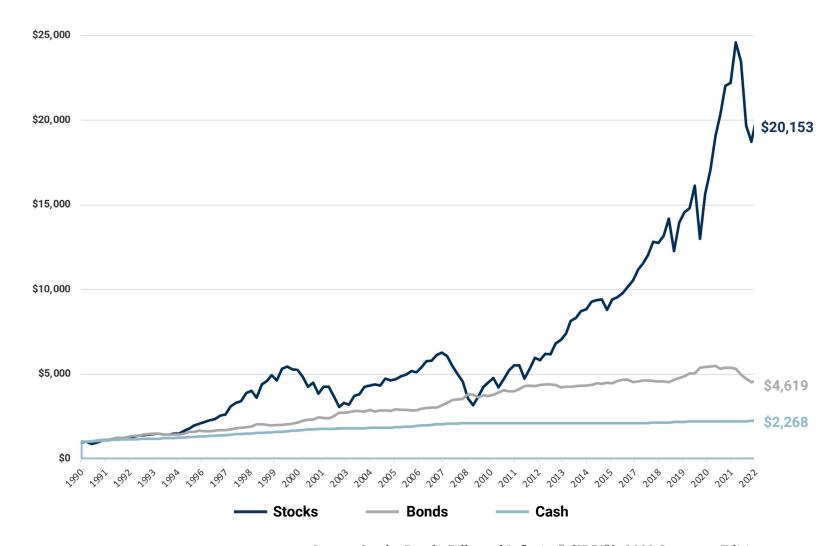




# STOCKS vs. BONDS



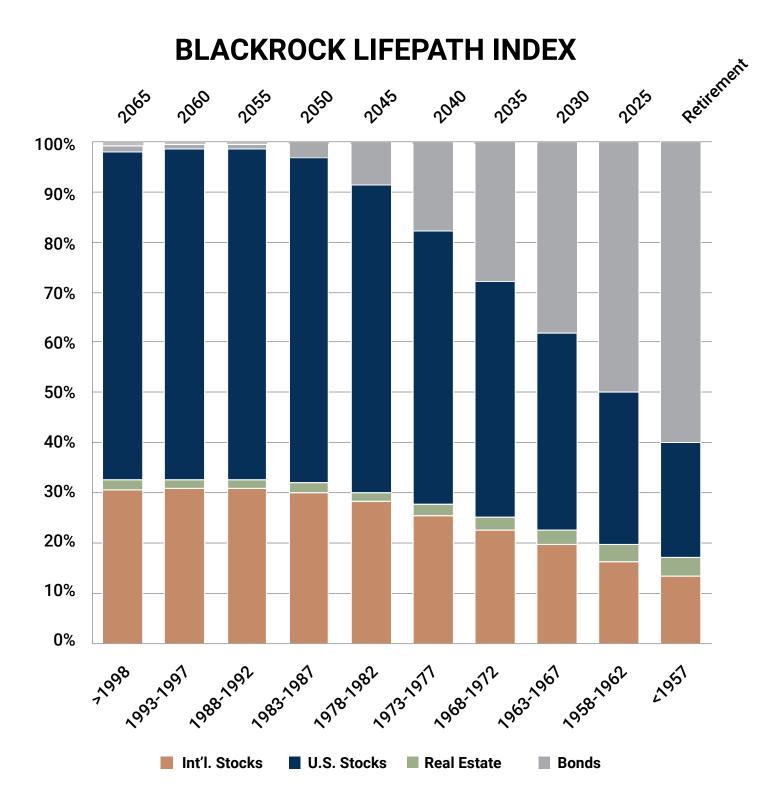
#### **GROWTH OF \$1,000 (1990 - December 31, 2022)**



Source: Stocks, Bonds, Bills, and Inflation® (SBBI®): 2022 Summary Edition

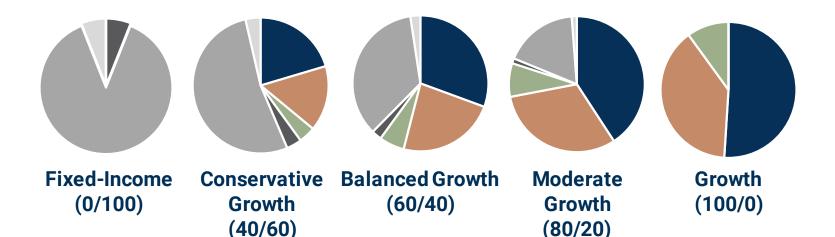
# TARGET DATE FUNDS

# Default Investment Option



This plan intends to comply with ERISA Section 404(c) by providing a broad range of asset classes that allow you to create diversified portfolios consistent with your individual circumstances. When investing, your account balance will increase or decrease in a similar fashion to the manner in which it is invested. The plan is not responsible for investment losses. Please contact your Relationship Manager if you would like assistance selecting your investments.

# **RISK-BASED PORTFOLIOS**



#### **INDIVIDUAL FUNDS**

#### **STABLE VALUE**

Invesco Stable Value

#### **U.S. CORE BOND**

- JPMorgan Core Bond
- MetWest Intermediate Bond

## TREASURY INFLATION PROTECTED SECURITIES

Vanguard Inflation
 Protected Securities

#### **DYNAMIC BOND**

BlackRock Strategic Income

#### **U.S. EQUITY LARGE CAP**

- Vanguard S&P 500 Index
- Vanguard Growth Index
- Vanguard Value Index

## U.S. EQUITY MID/SMALL CAP

- Nationwide WCM Focused Small Cap
- Conestoga Small Cap

#### **REAL ESTATE**

• Fidelity Real Estate Index

### INTERNATIONAL EQUITY DEVELOPED MARKETS

- Hartford Schroders
   International Multi-Cap
   Value
- Goldman Sachs GQG Partners International Opportunities

### INTERNATIONAL EQUITY EMERGING MARKETS

• JPMorgan Emerging Markets

STABILITY

**GROWTH** 

This plan intends to comply with ERISA Section 404(c) by providing a broad range of asset classes that allow you to create diversified portfolios consistent with your individual circumstances. When investing, your account balance will increase or decrease in a similar fashion to the manner in which it is invested. The plan is not responsible for investment losses. Please contact your Relationship Manager if you would like assistance selecting your investments.

#### Lewis Thomason, P.C. 401(k) Profit Sharing Plan

,	TRUST COMPANY of TENNESSEE
	**************************************

	MTD	QTD	YTD	<u>1-Yr</u>	<u>3-Yr</u>	<u>5-Yr</u>	<u> 10-Yr</u>	Expense Ratio
Target Date Funds								
BlackRock Lifepath Index Retirement Fund K (LIRKX)	-2.11	-2.11	0.57	3.39	-0.53	3.22	3.61	0.09
BlackRock Lifepath Index 2025 Fund K (LIBKX)	-2.24	-2.24	0.96	3.95	0.55	3.86	4.51	0.09
BlackRock Lifepath Index 2030 Fund K (LINKX)	-2.57	-2.57	1.90	5.07	1.96	4.69	5.17	0.09
BlackRock Lifepath Index 2035 Fund K (LIJKX)	-2.69	-2.69	2.97	6.27	3.34	5.51	5.82	0.09
BlackRock Lifepath Index 2040 Fund K (LIKKX)	-2.83	-2.83	3.95	7.41	4.61	6.20	6.39	0.09
BlackRock Lifepath Index 2045 Fund K (LIHKX)	-3.00	-3.00	4.87	8.46	5.69	6.84	6.86	0.09
BlackRock Lifepath Index 2050 Fund K (LIPKX)	-3.01	-3.01	5.57	9.07	6.30	7.20	7.09	0.09
BlackRock Lifepath Index 2055 Fund K (LIVKX)	-2.97	-2.97	5.81	9.36	6.43	7.28	7.18	0.09
BlackRock LifePath Index 2060 Fund K (LIZKX)	-3.04	-3.04	5.80	9.38	6.43	7.28		0.09
BlackRock LifePath Index 2065 Fund K (LIWKX)	-3.00	-3.00	5.78	9.38	6.41			0.09
Model Accounts								
TTC RPS Growth	-2.99	-2.99	5.08	8.42	6.67	6.31	6.70	0.40
TTC RPS Moderate Growth (80/20)	-2.57	-2.57	4.06	7.44	4.45	5.26	5.61	0.41
TTC RPS Balanced Growth (60/40)	-2.15	-2.15	3.04	6.46	2.21	4.18	4.50	0.42
TTC RPS Conservative Growth (40/60)	-1.73	-1.73	2.00	5.47	-0.03	3.05	3.36	0.43
TTC RPS Fixed Income	-0.90	-0.90	-0.09	3.46	-4.53	0.67	1.03	0.44
Fixed Income Managers								
Federated Hermes Capital Preservation Fd R6 (CAPR6)	0.32	0.32	2.87	3.28	2.12	2.08	1.65	0.40
Blackrock Strategic Income Opps K (BSIKX)	-0.38	-0.38	1.35	3.16	0.25	2.23	2.34	0.59
JP Morgan Core Bond R6 (JCBUX)	-1.52	-1.52	-2.00	0.73	-4.66	0.51	1.24	0.34
Metropolitan West Intermediate Bond I (MWIIX)	-0.81	-0.81	-0.43	1.82	-3.34	0.88	1.06	0.50
Vanguard Inflation-Protected Sec Fd Admiral (VAIPX)	-0.76	-0.76	-1.52	-0.91	-2.10	2.13	1.52	0.10
Invesco Stable Value Trust Cl A1 (MG3388)	0.24	0.24	2.23	2.60	1.84			0.32
Equity Managers								
Goldman Sachs GQG Ptnrs Intl Opps R6 (GSIYX)	-1.94	-1.94	6.44	14.25	4.70	9.18		0.75
Schroders International Multi-Cap Value (SIDRX)	-4.08	-4.08	2.24	12.70	7.53	3.25	2.57	0.75
JP Morgan Emerging Markets Equity R6 (JEMWX)	-2.66	-2.66	-3.59	10.42	-8.89	3.32	2.27	0.79
Fidelity Adv Growth Opport CI I Fund #688 (FAGCX)	-3.55	-3.55	21.83	15.77	0.67	14.50	14.34	0.79
American Funds New Perspective R6 (RNPGX)	-3.22	-3.22	8.56	12.56	4.78	9.69	9.05	0.41
Vanguard Growth Index Admiral (VIGAX)	-1.74	-1.74	26.05	20.77	7.28	13.63	12.84	0.05
Vanguard Value Index Admiral #506 (VVIAX)	-2.66	-2.66	-2.52	-0.10	12.15	7.79	9.02	0.05
Vanguard 500 Index Fd #540 Adm Shs (VFIAX)	-2.11	-2.11	10.66	10.06	10.29	10.94	11.10	0.04
American Funds Washington Mutual R6 (RWMGX)	-1.27	-1.27	4.24	6.79	12.32	9.86	10.15	0.27
Invesco Oppenheimer Discv Mid Cap Gr A (OEGAX)	-5.56	-5.56	-3.74	-6.72	-2.25	7.13	8.04	1.05
Fidelity Real Estate Index Fund (FSRNX)	-3.61	-3.61	-8.63	-7.89	3.19	-0.15	3.65	0.07
Conestoga Small Cap Inst'l (CCALX)	-6.75	-6.75	2.71	1.16	1.53	5.23	7.97	0.90
Nationwide WCM Focused Small Cap R6 (NWKEX)	-5.37	-5.37	3.72	3.43	8.96	5.29	6.95	0.80
Benchmarks								
MSCI ACWI NR USD	-3.01	-3.01	6.75	10.46	6.67	7.45	6.79	
S&P 500 TR USD	-2.10	-2.10	10.69	10.40	10.33	10.98	11.14	
Russell 2000 TR USD	-6.82	-6.82	-4.45	-8.53	3.94	3.30	5.61	
BBgBarc Short Treasury 1-3 Mon TR USD	0.46	0.46	4.19	4.87	1.90	1.76	1.14	
BBgBarc Global Aggregate TR USD	-1.20	-1.20	-3.38	1.71	-7.32	-1.63	-0.66	
BBgBarc US Agg Bond TR USD	-1.58	-1.58	-2.77	0.35	-5.55	-0.06	0.88	
Source: Marpingster Direct. This information has been taken from trade and station		and other se	uraaa whiah i	ua daam rali	abla Wada	not ronro	ant that it is	accurate or

Source: Morningstar Direct - This information has been taken from trade and statistical services and other sources which we deem reliable. We do not represent that it is accurate or complete and it should not be relied upon as such. In particular, composite returns are estimates and may not reflect the effect of cash. Federated Capital Preservation Fd R6 returns are delayed and may reflect the previous month end.



	2022	2021	2020	<u>2019</u>	2018	2017	Expense Ratio
Target Date Funds	LULL	<u> </u>	2020	2013	2010	2011	•
BlackRock Lifepath Index Retirement Fund K (LIRKX)	-15.20	6.90	12.12	15.84	-3.49	10.75	0.09
BlackRock Lifepath Index 2025 Fund K (LIBKX)	-15.77	8.91	12.32	18.90	-4.76	14.43	0.09
BlackRock Lifepath Index 2030 Fund K (LINKX)	-16.41	11.37	12.94	20.99	-5.54	16.36	0.09
BlackRock Lifepath Index 2035 Fund K (LIJKX)	-17.07	13.79	13.61	22.98	-6.33	18.29	0.09
BlackRock Lifepath Index 2040 Fund K (LIKKX)	-17.65	15.98	13.99	24.91	-7.05	19.95	0.09
BlackRock Lifepath Index 2045 Fund K (LIHKX)	-18.05	17.73	14.53	26.14	-7.48	21.07	0.09
BlackRock Lifepath Index 2050 Fund K (LIPKX)	-18.33	18.67	14.92	26.65	-7.79	21.43	0.09
BlackRock Lifepath Index 2055 Fund K (LIVKX)	-18.33	18.79	14.90	26.78	-7.82	21.51	0.09
BlackRock LifePath Index 2060 Fund K (LIZKX)	-18.32	18.72	14.94	26.80	-7.82	21.51	0.09
BlackRock LifePath Index 2065 Fund K (LIWKX)	-18.32	18.79	15.34				0.09
Model Accounts							
TTC RPS Growth	-18.11	19.31	13.08	24.42	-8.94	23.75	0.40
TTC RPS Moderate Growth (80/20)	-17.32	15.27	12.19	21.45	-7.26	19.91	0.41
TTC RPS Balanced Growth (60/40)	-16.52	11.26	11.25	18.54	-5.61	16.15	0.42
TTC RPS Conservative Growth (40/60)	-15.71	7.29	10.23	15.70	-3.98	12.46	0.43
TTC RPS Fixed Income	-14.08	-0.56	8.02	10.22	-0.80	5.31	0.44
Fixed Income Managers  Fodorstad Hormon Consists Discountation Ed BC (CARRS)	4.70	4.54	4.05	0.44	4.70	4 42	0.40
Federated Hermes Capital Preservation Fd R6 (CAPR6)	1.73	1.51	1.85	2.11	1.76	1.43	0.40
Blackrock Strategic Income Opps K (BSIKX)	-5.56	1.04	7.23	7.79	-0.47	4.97	0.59
JP Morgan Core Bond R6 (JCBUX)	-12.18	-0.95	8.21	8.55	0.34	3.87	0.34
Metropolitan West Intermediate Bond I (MWIIX)	-9.28	-1.16	7.56	6.74	0.87	2.10	0.50
Vanguard Inflation-Protected Sec Fd Admiral (VAIPX)	-11.85	5.66	10.87	8.13	-1.39	2.91	0.10
Invesco Stable Value Trust Cl A1 (MG3388)	1.47	1.18	1.93	2.36	2.19	1.80	0.32
Equity Managers							
Goldman Sachs GQG Ptnrs Intl Opps R6 (GSIYX)	-11.03	12.40	15.73	27.47	-5.99	31.75	0.75
Schroders International Multi-Cap Value (SIDRX)	-11.58	13.85	1.13	18.48	-15.18	23.27	0.75
JP Morgan Emerging Markets Equity R6 (JEMWX)	-25.61	-10.11	34.69	32.06	-15.76	42.85	0.79
Fidelity Adv Growth Opport Cl I Fund #688 (FAGCX)	-38.25	11.64	68.36	40.45	14.33	35.06	0.79
American Funds New Perspective R6 (RNPGX)	-25.61	18.02	33.51	30.34	-5.54	29.30	0.41
Vanguard Growth Index Admiral (VIGAX)	-33.14	27.14	39.83	37.06	-3.33	27.80	0.05
Vanguard Value Index Admiral #506 (VVIAX)	-2.08	26.38	2.27	25.71	-5.41	17.13	0.05
Vanguard 500 Index Fd #540 Adm Shs (VFIAX)	-18.15	28.54	18.21	31.32	-4.41	21.79	0.04
American Funds Washington Mutual R6 (RWMGX)	-8.18	28.77	8.02	25.82	-2.65	20.54	0.27
Invesco Oppenheimer Discv Mid Cap Gr A (OEGAX)	-31.09	18.79	39.75	38.79	-6.39	27.98	1.05
Fidelity Real Estate Index Fund (FSRNX)	-26.12	40.47	-11.25	22.92	-4.19	3.75	0.07
Conestoga Small Cap Inst'l (CCALX)	-28.09	16.30	30.32	25.31	0.80	28.74	0.90
Nationwide WCM Focused Small Cap R6 (NWKEX)	-14.69	19.11	1.29	28.86	-8.45	13.98	0.80
Benchmarks	Enroll H	aadinge					
MSCI ACWI NR USD	-18.36	18.46	16.12	26.48	-9.38	23.97	
S&P 500 TR USD	-18.11	28.58	18.25	31.35	-4.37	21.83	
Russell 2000 TR USD	-20.44	14.76	19.79	25.42	-10.97	14.65	
BBgBarc Short Treasury 1-3 Mon TR USD	1.52	0.04	0.55	2.21	1.82	0.82	
BBgBarc Global Aggregate TR USD	-16.25	-4.69	9.12	6.81	-1.20	7.39	
BBgBarc US Agg Bond TR USD	-13.01	-1.54	7.45	8.68	0.01	3.54	
Source: Morningstar Direct - This information has been taken from trade and statistical sen							accurate or

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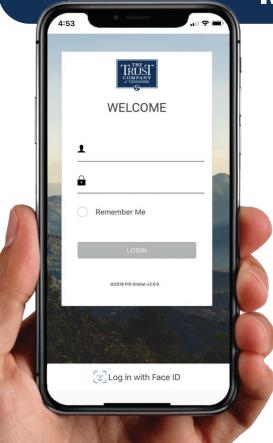
# **ACCOUNT ACCESS**

#### **WEB ACCESS**



- 1. www.thetrust.com
- 2. Click "Login." On next screen, choose green box labeled "Employee Retirement Accounts" and select Participant role.
- 3. Username: Social Security number (no dashes)
- 4. Password: Last 4 digits of Social Security number

#### **MOBILE ACCESS**







**APP:** TTC Retire





# MAKING CHANGES

www.thetrust.com

#### **INVESTMENTS**

The default investment is the target date fund based on your age.



CLICK: │

### MANAGE > MANAGE INVESTMENTS > CHANGE ELECTIONS

- 1. Enter new percentages in each fund.
- 2. Select "Yes" under "Transferable Balances" to change current balance and future contributions to your new election.
- 3. Click "Submit."

#### **BENEFICIARIES**

The default beneficiary order is spouse, children, parents, estate.



CLICK:

#### **☼** > BENEFICIARIES

- 1. Enter primary beneficiaries.
- 2. Enter contingent beneficiaries.
- 3. Click "Save."

#### **E-STATEMENTS**

The default is to receive paper statements.



CLICK:

#### → PERSONAL INFO

- 1. Click "Email" dropdown.
- 2. Provide an email address.
- **3.** Select "Yes" to "I wish to receive my participant statements electronically."



#### VIRTUAL RETIREMENT ACCOUNT REVIEWS

- Do my investments remain appropriate?
- How much should I save for retirement?
- Are pre-tax or Roth contributions best?
- How can I maximize Social Security?

# Log in to your account at www.thetrust.com to select a time!

Su	Мо	Tu	We	Th	Fr	Sa	8:00 am	8:30 am	9:00 am
					1	2	9:30 am	10:00 am	10:30 am
3	4	5	6	7	8	9	11:00 am	11:30 am	12:00 pm
10	11	12	13	14	15	16	12:30 pm	2:30 pm	3:00 pm
17	18	19	20	21	22	23	3:30 pm	4:00 pm	4:30 pm
24	25	26	27	28	29	30			
24									



#### **FINANCIAL PLANNING**

# KNOW WHERE YOU ARE

Get a full understanding of your assets, liabilities and cash flow.



# UNCOVER YOUR GOALS

Identify your financial needs, wants and wishes.



#### **DEVELOP A PLAN**

Create and implement a customized action plan to achieve your goals.



# HAVE A RETIREMENT PLAN WITH A FORMER EMPLOYER?

- Simplify your financial life
- Potentially lower fees
- Get advice on all assets
- Tax deferral

# Contact The Trust Company of Tennessee for assistance!

# Or follow these simple instructions to do a non-taxable rollover to your current employer's plan:

- 1. Notify your former employer or 401(k) plan institution that you are rolling over your assets to your current employer's retirement plan.
- 2. Complete any distribution forms required.
- 3. Ask your former employer/institution to write your name and current employer's plan name on the check. Please use the last four digits of your Social Security number as the account number.
- 4. Send the most recent statement and check to:

  THE TRUST COMPANY OF TENNESSEE

  ATTN: Retirement Plan Rollover

  4823 Old Kingston Pike, Suite 100

  Knoxville, TN 37919

#### **APPENDIX D: NEXT STEPS**



# ARE YOU READY TO TAKE THE NEXT STEPS?

STEP 1

#### Determine how much to save.

- Save as much as you can!
- Ideal goal is 10-15%
- Start where you're comfortable and increase by 1% per year.

STEP 2

#### Complete form.

Return the contribution election form to your Payroll Department.

STEP 3

#### Live confidently.

You've begun your journey to enhance your financial future!

#### APPENDIX E: SERVICE TEAM

# HAVE QUESTIONS? Let us help you!



RELATIONSHIP MANAGER

Karlo Rodriguez

865-251-1362 • krodriguez@thetrust.com



PRESIDENT

Daniel Carter

865-673-3568 • dcarter@thetrust.com



877-673-3581 planinfo@thetrust.com

#### Please return form to your Payroll Department.

Contribution Election Agreement Form For:



	pant Data (Please Print)					
Name:	Social Security #:					
Fo update your address or elect to receive electronic statements, access your retirement account at www.thetrust.co						
Please remember t	o also inform your Human Resources Department of any address change.					
Section 2 - Particip	pant Elections					
A. Contribution ele	ection/deferral amount.					
For 2024, you may s \$30,500.	save up to a maximum of \$23,000 per year. If you are or will be age 50 by 12/31/2024, your maximum is					
I authorize my Emp amount to my 401(	ployer to deduct the following amount from my compensation each pay period and contribute the k) account:					
3%	of my compensation  Other %:% of my compensation					
5%	Zero. I do not wish to defer any amount. I hereby terminate any prior Contribution Election Agreement.					
7%	of my compensation					
B. Type of deferral	I elect to make (if in A above you elected a deferral amount other than zero, check only 1 of 3 boxes below)					
All of my o	deferrals as Traditional 401(k) deferrals (pre-tax).					
l understand	the amount of deferrals elected in this Contribution Election Agreement will reduce my current taxable					
compensatio	on for the year of the deferral.					
All of my o	leferrals as Roth 401(k) deferrals (post-tax).					
l understand	the amount of deferrals elected in this Contribution Election Agreement will NOT reduce my current taxable					
compensatio	on for the year of deferral.					
Split defer	ral election.					
Of the deferr	ral percentage elected in Part A, I elect a portion of my deferrals as Traditional and a portion as Roth, as					
	% of my deferrals as Traditional 401(k) deferrals (pre-tax).					
	AND					
	% of my deferrals as Roth 401(k) deferrals (post-tax).					
I agree to chec	ticipant Signature k my payroll stub for accuracy for the effective payroll of this agreement.					
Employee Signatu	ure Date					



#### **CHATTANOOGA**

832 Georgia Avenue Suite 505 Chattanooga, TN 37402

423-308-0374

#### **KNOXVILLE**

4823 Old Kingston Pike Suite 100 Knoxville, TN 37919

865-971-1902

#### TRI-CITIES

119 Boone Ridge Drive **Suite 302** 

Johnson City, TN 37615 423-232-0280

thetrust.com f in y