

New Early Withdrawal Options Available From Your NSHE Retirement Plans



Recent changes in federal law now allow penalty-free early withdrawals from the NSHE Defined Contribution Retirement Plan Alternative and the NSHE Supplemental Retirement Plan (403(b)) for certain life events¹.

These changes, made possible by the federal SECURE Act, are designed to help you access your retirement savings when it matters most.

	1. Birth or Adoption	2. Domestic Violence Distribution	3. Federal Disaster Relief Distribution
Eligibility	You may take an early withdrawal from your retirement plan if you give birth to or adopt a child.	You may take an early withdrawal if you've experienced domestic violence.	If you're affected by a federally declared disaster and live in the designated disaster area, you may be eligible for a withdrawal.
Maximum Withdrawal Amount	Up to \$5,000 per parent, per child.	Up to \$10,000, or 50% of your vested account balance, whichever is less.	Up to \$22,000.
Timing	The withdrawal must be made within one year after the birth or finalization of the adoption.	You must self-certify that the distribution is due to domestic violence experienced within the past year.	The withdrawal must relate to a qualified disaster declared by the federal government.
Things to Keep in Mind	If both parents participate in an eligible plan, each may withdraw \$5,000. You may also choose to repay the amount to your plan within three years, but repayment is optional.	You may choose to repay the amount to your plan within three years, but repayment is not required.	A federal relief distribution can be included in your income over three years and may also be repaid over time, but repayment is optional.
Notes for all Options	<p>Taxable income: These distributions will be considered taxable income unless repaid.</p> <p>Employee contribution source: These distributions will be funded from the employee contribution source.</p> <p>No early withdrawal penalty: These distributions are not subject to the 10% early withdrawal penalty normally applied to early distributions before age 59 ½.</p> <p>Repayment options: While not required, repayments can restore your retirement savings and may reduce taxable income.</p>		

¹ These withdrawal options are not available to Medical Residents, Post-Doctoral, or participants in NVPERS. For more information please see the plan documents or reach out to TIAA at 800-842-2252.