

Retirement Check-Up

A Quick Guide for Retirement Health



Photo courtesy of MorgueFile

Arkansas Retired Teachers Association

Arkansas Retired Teachers Association Membership Form

Act 105 of 1985 authorizes the Teacher Retirement system to deduct your ARTA dues from your monthly benefit checks, if you desire. This authorization may be canceled only by a written notice from you to ARTA. You may also select one of the other membership options listed below:

ARTA CONTINUING MEMBERSHIP DUES

(1) ___ I elect to have \$2 per month deducted from my retirement check for ARTA dues.

ARTA LIFE MEMBERSHIP DUES

(3) ___ I elect to have \$20 deducted from my retirement checks for 12 months (Total \$240).

DIRECT PAYMENT

(2) ___ Annual Membership (\$28 check enclosed).

(4) ___ Life Membership (One-time payment of \$240 enclosed).

Name _____	Signature _____
Address _____	Telephone _____
City/State/Zip _____	
County _____	Social Security Number _____ (last four digits)
Email _____	Date _____

Complete this form and return it to:

ARTA Membership, 1200 Commerce Street Suite 103, Little Rock, AR 72202

(Return this form only if you are not currently an ARTA member or if you wish to make a change.)

Whether you are already retired or just planning ahead, it pays to take a regular look at the overall health of your retirement. Some things to consider:

Manage Your Debt

Retirement often means being on a fixed income, so the more you can reduce your fixed expenses, the more you will have left for variables.

- Retire or consolidate debt as much as possible.
- Pay off or refinance a home mortgage if it is feasible, or consider downsizing.
- Consider other monthly payments you can reduce or eliminate, such as a car payment.

Talk to Your Family

Retirement is a good time to make plans for your family in your absence.

- Do you have a will?
- Do you have a funeral plan?
- Is the beneficiary information up-to-date on your life insurance policies, death benefit plans, etc.?

Plan Ahead for Medical Expenses

- Evaluate your health and take care of any outstanding medical issues while you're still covered by your employer's healthcare coverage.
- Spend down your health savings account.
- Research the options available to you as a new retiree, part-time employee, as you reach Medicare eligibility, etc.
- Determine which supplemental coverage you will have or need for vision, dental, hearing, prescriptions, etc.
- Consider obtaining long-term care insurance if you do not already have it.

For more tips and information visit www.artanow.com

Make Plans

Your children may be expecting a fulltime sitter, but you also need to plan for the social and mental aspects of retirement.

- Will you work part-time? Start a business?
- What volunteer opportunities are available?
- What social clubs or hobbies do you enjoy?
- What classes or workshops interest you?
- How will you stay active?
- Will your spouse be retired at the same time?

Reevaluate Your Insurance Coverage

Your insurance needs change as you age and as your personal, financial and career situations change.

- Ask for your auto insurance to be recalculated if you will be driving less once you stop working. Taking a drivers course for older citizens may also reduce your premiums.
- Consider whether you still need life insurance.
- Consider purchasing funeral insurance.

Build an Emergency Fund

Once the paychecks stop coming, the bills will continue to arrive. So will the emergency expenses, such as a new appliance or a large medical bill.

A good rule of thumb is to have a cash reserve large enough to cover three to six months of household expenses.

Be Prepared/ Stay Informed

Older citizens are a target demographic for both marketers and scams. Remember that just because you are a target doesn't mean you have to be a victim.

- Get referrals for products and services from trustworthy sources.
 - Take advantage of discounts and memberships available to you as an older citizen.
 - Join ARTA to become part of an organization dedicated to protecting your pension, advocating for your health and other benefits, and keeping you up-to-date on topics of interest or concern to Arkansas retirees.
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