

SPIRIT. INQUIRY, LEADERSHIP, TESUIT

OFFICE OF HUMAN RESOURCES

Retirement Maximum Contributions

No change in 2014 contribution limits

The maximum annual contribution to your retirement plan is: \$17,500 Plus a "catch-up contribution" (50 years or older by end of 2014): \$5,500

Log in to **ECHO**, click on "My Paystub," chose the most recent paystub, and look for the following codes to see how much you are currently contributing:

Pre-tax codes: RREG, RRG\$, RADD, RAD\$, RSRA, RSR\$

Roth/Post-tax codes: RTH%, RTH\$, RTA\$, RTA%, RTS\$, RTS%

Complete the attached Salary Reduction Agreement to change your contribution amount or deduction type (pre- or post-tax). You can always adjust your contribution amount.

Fitness Classes

<u>Fitness classes</u> for the spring semester will begin on Monday, Feb. 3. Classes are **free** to all Le Moyne students, faculty and staff. Please pre-register.

Get on track for 2014, set goals, grab a gym buddy to keep you motivated, and have fun!

Extinguish Tobacco in the New Year

This year, don't resolve to quit for 2014, resolve to extinguish tobacco for the last time.

A reported 75% of smokers say they would like to give up smoking. However, the average smoker has made 4.1 quit attempts. Maybe you have the motivation to quit, but you're not ready. Maybe you want to quit for your family, for your health, or to save money. Rather than trying to quit by yourself again, make this year the year you reach out for individualized support that works.

When you enroll in the **Quit For Life® Program**, an experienced Quit Coach® will help you create a detailed plan that works, helping you realize your goal of quitting in 2014. Call today to get started with your everlasting quit: 1.800.442.8904 or log on to the **Excellus BCBS** website today for more details

January 2014

- 1. Retirement Max Contributions
- 2. Fitness Classes
- 3. Extinguish Tobacco
- 4. Family Fit Lifestyle
- *Follow Le Moyne HR on Twitter
- *Like Le Moyne HR on Facebook

Congratulations Service Milestones

35 years: <u>Brian Loucy</u>
25 years: <u>Joan Myers</u>
20 years: <u>I-Chene Tai</u>

1 year: Aparna Das, Kyle Gustin

Welcome

January 2013

Eugene Young, vist asst prof (PHL)

TIAA-CREF 1-on-1

Feb 12th, Feb 27th, March 18th Call 1-800-732-8353 or login at www.tiaa-cref.org/moc to schedule an appt

Family Fit Lifestyle

Do you have trouble staving active and maintaining a healthy weight? You don't need to belong to a gym or be a fitness fanatic to make beneficial health changes. All you need to do is become a little more active.

StepUp is a free fitness and nutrition program that can help you live healthier. Visit Excellus's Health and Wellness website for information on family fit lifestyles and 6000+ other health topics.