

Education by Empower series - 2025

Opportunities for employee engagement with hot topics*

Third week of every month on Tuesday at 10 a.m., 1 p.m., 4 p.m., Wednesday at 11 a.m., 3 p.m., 6 p.m., & Thursday at 12 p.m., 3 p.m., & 5 p.m. (Spanish), all ET Fourth week of every month on Wednesday at 12 p.m., 3 p.m., 6 p.m., all ET.

January	February	March	April	May	June
Building a foundation of financial wellness 21, 22, 23, & 29	Introduction to tax planning 18, 19, 20, & 26	Sandwich generation 18, 19, 20, & 26	Boost your savings 15, 16, 17 & 23	A financial experience focused on you 20, 21, 22, & 28	Retirement Readiness 17, 18, 25, & 26
July	August	September	October	November	December
Estate planning 15, 16, 17, & 23	A closer look at Social Security 19, 20, 21, & 27	Planning for healthcare expenses 16, 17, 18, & 24	Investing basics 21, 22, 23, & 29	Benefits of your plan 18, 19, 20, & 26	Retirement myths 16, 17, & 18



Learn more

*Sessions are live and available in Spanish.

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Serie educativa de Empower - 2025

Oportunidades para la participación del empleado con temas comunes*

La tercera semana de cada mes los martes a las 10 a.m., 1 p.m., 4 p.m., los miércoles a las 11 a.m., 3 p.m., 6 p.m., & los jueves al 12 p.m., 3 p.m., & 5 p.m. (Español), todas ET. La cuarta semana de cada mes los miércoles al 12 p.m., 3 p.m., 6 p.m., todas ET.

Enero	Febrero	Marzo	Abril	Mayo	Junio
Construir una base del bienestar financiero para todos 21, 22, 23, & 29	Introducción a la planificación de impuestos 18, 19, 20, & 26	La generación sándwich 18, 19, 20, & 26	Impulsar sus ahorros 15, 16, 17 & 23	Una experiencia financiera centrada en usted 20, 21, 22, & 28	Planificación del retiro 17, 18, 25, & 26
Julio	Agosto	Septiembre	Octubre	Noviembre	Diciembre
Planificación patrimonial 15, 16, 17, & 23	Un vistazo más cerca al Seguro Social 19, 20, 21, & 27	Planificación de los costos de atención médica 16, 17, 18, & 24	Conceptos básicos sobre las inversiones 21, 22, 23, & 29	Los beneficios de su plan 18, 19, 20, & 26	Los mitos sobre los planes de retiro 16, 17, & 18



Aprende más

*Las sesiones están en vivo y disponibles en español

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Building a foundation of financial wellness: Areas of financial focus that affect everyone's life, hear personal experiences, and steps to take toward financial wellness.

Introduction to tax planning: Types of taxes, tax-filing information and forms, tax brackets, tax minimization strategies, methods of and common tax filing errors.

Sandwich generation: Caring for aging parents and children, maintaining balance and juggling the needs of parents, children, and yourself, plus how to prepare financially.

Boost your savings: Why saving matters, a look at your savings, saving in your plan, and ways to save.

A financial experience focused on you: Your personalized dashboard, free real-time tools, on demand resources and education, human support when you want it.

Retirement readiness: What is retirement readiness? How much does it take to retire? Estimating and factoring in Social Security.

Estate planning: What estate planning is, benefits of an estate plan, components and documents.

A closer look at Social Security: What is Social Security, when to take it, how pensions affect Social Security, spousal benefits.

Planning for healthcare expenses: Understanding healthcare costs, what you need to know about Medicare, and planning for potential expenses.

Investing basics: Expanding your investing know-how, determining your investing style, becoming a smarter investor, choosing your investments.

Benefits of your plan: The benefits of saving in the plan, retirement planning basics, and how to enroll plus next steps.

Retirement myths: Account security, withdrawals, and facts vs fiction.



Learn more

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Construir una base del bienestar financiero para todos: Áreas de enfoque financiero que afectan la vida de todos, escuchar experiencias personales, y pasos para seguir hacia el bienestar financiero.

Introducción a la planificación de impuestos: Tipos de impuestos, información sobre la presentación de impuestos y formularios, niveles tributarios, estrategias de minimización de impuestos, errores comunes al presentar declaraciones de impuesto.

La generación sándwich: Cuidar a padres ancianos e hijos, mantener equilibrio y malabar las necesidades de los padres, hijos y usted mismo, además cómo prepararse financieramente.

Impulsar sus ahorros: Por qué es importante ahorrar, un vistazo a sus ahorros, ahorrar en su plan, y maneras de ahorrar más.

Una experiencia financiera centrada en usted: Su panel de control personalizado, herramientas gratuitas en tiempo real, educación y recursos a solicitud, apoyo humano cuando lo desee.

Planificación del retiro: ¿Qué es la planificación del retiro? ¿Cuánto se necesita para retirarse? Estimar y tener en cuenta el Seguro Social.

Planificación patrimonial: Lo que es la planificación patrimonial, beneficios de un plan patrimonial, los componentes y documentos.

Un vistazo más de cerca al Seguro Social: ¿Qué es el Seguro Social?, cuándo tomarlo, cómo afectan las pensiones al Seguro Social, beneficios conyugales.

Planificación para los gastos médicos: Comprender los costos de atención médica, lo que necesita saber sobre Medicare, planificación de sus posibles gastos.

Conceptos básicos sobre las inversiones: Ampliar los conocimientos técnicos de inversión, determinar su estilo de inversión, convertirse en un inversionista más inteligente, elegir sus inversiones.

Los beneficios de su plan: Beneficios de ahorrar a través de su plan, los básicos sobre la planificación de retiro, y cómo inscribirse y siguientes pasos.

Los mitos sobre los planes de retiro: Protección de la cuenta, retiros, y hechos vs. ficción.



Aprende más

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