

## TSP A to Z Resources



Thrift Savings Plan: [Log In To My Account](#)

### [TSP educational resources](#)

The Federal Retirement Thrift Investment Board (FRTIB) offers a variety of TSP training opportunities. Review the information below to learn which TSP training will be best for you and your employees.

- [TSP webinars and courses](#) – TSP webinars are offered year-round and are open to all federal and uniformed service members. We encourage you to share the TSP webinar calendar with your employees. Advanced registration is required.
- [Benefits specialist and educator training](#) – These sessions cover advanced topics for human resources personnel, service financial specialists, and payroll personnel, and are offered periodically throughout the year. **They are suspended until further notice.**
- [Training for your agency or service](#) – By request, we occasionally conduct trainings and webinars to meet your agency or service's specific needs. Employees should register for the prescheduled webinars and courses first. If the preset schedule doesn't meet your agency's or service's needs, follow the procedures in this section below.

### [TSP YouTube Channel](#)

- [Welcome to the TSP! Here's What You Need to Know](#)

## TSP A to Z Resources

SLIDES 1-110

[Summary of the Thrift Savings Plan](#)

SLIDES 6, 7 & 13

[TSP: Living in Retirement.](#)

SLIDE 16: Uniformed Services Contribution Rules

[TSP-65: Request to Combine Civilian and Uniformed Services TSP Accounts](#)

[Managing your Account for Member of the Uniformed Services](#)

SLIDE 21: TSP Financial Calculators

[TSP calculators](#): How much should I save? (Federal Ballpark E\$timate)

SLIDE 32: Cost of Investing with the TSP (2020)

The cost of having a TSP account. [Administrative and investment expenses](#)

SLIDE 33: [Moving Money From Other Plans into TSP](#)

Unless you have a life event covered by regulation. I would recommend reviewing the TSP website: <https://www.tsp.gov/covid-19/withdrawals-and-repayments/>

## TSP A to Z Resources

SLIDES 35-41: Investing for the Long Haul

[Lifecycle \(L\) Funds](#)

[G Fund & Your TSP Investment Options: The G Fund](#)

[F Fund](#)

[C Fund](#)

[S Fund](#)

[I Fund](#)

SLIDE 49: Loans and In-Service Withdrawals

[Loan Basics](#)

[Loans: General Purpose, Residential, Nonpay Status](#)

TSP loan booklet: <https://www.tsp.gov/publications/tspb04.pdf>

SLIDE 69: Post-Separation Withdrawal Options

[Withdrawal Options](#)

[Withdrawing from Your TSP Account](#)

[TSP Post Service Withdrawals](#)

SLIDE 79: TSP Life Annuity

[Annuities](#)

## TSP A to Z Resources

SLIDE 96: [Keeping Score](#)

SLIDE 97: TSP Death Benefits

[For beneficiary participants who need to report a participant's death](#)

[TSP-Designating Beneficiaries](#)

[TSP Beneficiary distributions.](#)

## TSP A to Z Resources

### OPM RESOURCES

FERS annuity is calculated based upon several elements.

Retirement Services:

- [FERS INFORMATION](#)
- [Eligibility](#)
- [Computation](#)
- [Credible Service](#)
- [Planning & Applying](#)