



**CAMERON  
UNIVERSITY**

# RETIREMENT RESOURCES

Office of Human Resources

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## QUICK FACTS

### *1st Retirement Check*

Your first retirement payment will be on the first of the month following your retirement date.

### *Monthly Retirement Check*

You will receive your monthly retirement payment on the first of each month.

### *Working After Retirement*

You may return to work 60 days after retiring in accordance with TRS provisions and earnings limits.

### *Insurance*

TRS pays a subsidy every month towards the retiree's health insurance premium, if applicable. For more information, see below.

## CAMERON RETIREE PERKS

- \$4,000 Life Insurance policy paid by Cameron
- \$5,000 Life Insurance policy through OTRS
- Free use of Aggie Rec Center
- Retain Cameron University e-mail privileges
- Workshop fees waived
- Audit classes for free (age 65+ only)
- Free or discounted admission to lectures and concerts
- Free entry to Cameron home athletic events
- Retain ID card and food services privileges
- Retain library privileges
- Retain faculty/staff parking decal
- Discounts on theatre tickets (Age 55+ only)

## OTHER INFORMATION

- Retirees may opt to keep health, dental, vision, and dependent coverage.
- A list of insurance premiums may be obtained from the Office of Human Resources.
- Inspira Financial will administer all health insurance billing and payments through check or automatic bank draft.
- You also have the option to continue employee-paid coverages through American Fidelity.
- Please contact Human Resources for questions/enrollment.

### *Insurance Information*

#### *Pre-65 Health*

Cigna  
1-800-997-1654  
[www.cigna.com](http://www.cigna.com)

#### *Medicare Eligible Health*

Humana  
1-866-396-8810 (TTY: 711)  
[www.Humana.com](http://www.Humana.com)

#### *Dental*

Blue Cross Blue Shield  
1-800-942-5837  
[www.bcbsok.com](http://www.bcbsok.com)

#### *Vision*

VSP  
1-800-877-7195  
[www.vsp.com](http://www.vsp.com)

#### *LIFE*

American Fidelity  
1-800-662-1113  
[www.americanfidelity.com](http://www.americanfidelity.com)

#### *Billings & Payments*

Inspira Financial  
1-800-284-4885  
<https://inspirafinancial.com>

# STEPS TO RETIREMENT

1

## Contact Teachers' Retirement System of Oklahoma (TRS)

1-877-738-6365  
[www.ok.gov/trs](http://www.ok.gov/trs)

Ask TRS to calculate your retirement benefit if you would like an estimate before proceeding.

2

## Finalize Your Retirement Date with TRS

(60 to 90 days prior to retirement)

- TRS will mail you a retirement packet including a final retirement contract and several additional forms.
- This must be returned to TRS 60-90 days before your retirement date.
- The date on the final retirement contract is binding.

- Your retirement date will always be the first of the month;
- However, you can actually work through the 10th of the month you retire in.

3

## Submit Paperwork to Cameron and TRS

### FOR CAMERON UNIVERSITY

- Submit an official letter of retirement to the Human Resource office indicating your last work day.
- Schedule a meeting with HR to discuss/enroll in post-retirement insurance.
- Schedule an out-processing appointment with the HR Department on your last work day.

### TEACHERS' RETIREMENT SYSTEM OF OKLAHOMA

- Determine which retirement plan you will choose.
- Decide if you would like your retirement check by mail or direct deposit.
- Mail completed documents to TRS within the specified deadlines.