



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 retiree 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

Blue Cross Blue Shield of OK
1-888-775-6819
www.bcbsok.com

Medicare Eligible Health

Humana
1-866-396-8810 (TTY: 711)
www.Humana.com

Dental

Blue Cross Blue Shield
1-800-942-5837
www.bcbsok.com

Vision

VSP
1-800-877-7195
www.vsp.com

LIFE

American Fidelity
1-800-662-1113
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

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.