

# MONEY MATTERS

## VOL. 3, 2025

### 2025 CONTRIBUTION LIMITS

| 401(k) LIMITS                 |                      |
|-------------------------------|----------------------|
| Employee Contribution         | \$23,500             |
| Catch-up (50 or older)        | \$7,500              |
| Catch-up (ages 60,61,62,63)   | \$11,250             |
| IRA LIMITS                    |                      |
| Traditional & Roth IRA        | \$7,000              |
| Catch-up                      | \$1,000              |
| HSA LIMITS                    |                      |
| HSA Contribution Limit        | Individual - \$4,300 |
|                               | Family - \$8,550     |
| HSA 55+ Catch-up Contribution | Individual - \$1,000 |
|                               | Family - \$1,000     |

### IS IT TIME FOR A FINANCIAL CHECK-UP?

Just like regular physical check-ups help you avoid illness and keep you healthy, a financial check-up is key to managing your financial health. It is important to begin regularly reviewing your financial health early and to make it a habit throughout your life. It will ensure that you stay on track with your short and long-term goals, help you avoid financial stress and give you confidence to make informed decisions for your future.

*“A goal without a plan is just a wish.” –*

*Antoine de Saint-Exupery*

Think of a financial planner as your “financial doctor” and setting up an annual meeting with your planner like an “annual financial well-check”. Just as it is wise not to wait until you're feeling sick to visit a doctor, you shouldn't wait for a financial emergency to meet with a professional.

### The Benefits of “financial check-ups”:

- **Review Your Current Financial State:** A financial planner can take a holistic view of your finances, including your income, spending habits, debts, investments, and savings. This thorough review can identify where you might be overspending, under-saving, or missing opportunities for growth.
- **Adjusting to Life Changes:** Life is full of changes—new job, marriage, having children, buying a home, or approaching retirement. Any or all of these changes can have a big impact on your finances. Meeting with a planner can help you adjust your plan to accommodate these milestones.
- **Financial Goals:** It's easy to lose track of long-term financial goals amidst daily expenses and short-term demands. A financial planner helps you refocus on your personal goals, whether it's saving for retirement, paying off debt, or funding your children's education. They can also help you break down these large goals into manageable steps, keeping you motivated and on track.
- **Investing Wisely:** If you haven't updated your investment strategy recently, a financial planner can ensure your portfolio aligns with your risk tolerance, time horizon, and financial objectives. Regular reviews help ensure that your investments are working for you, not against you.

**To schedule your financial check-up today** please consider meeting with a DMBA financial planner or TIAA financial consultant by using the QR codes on the left.



### How to Contact the Financial Planners

To schedule an appointment with **Deseret Mutual** financial planner who visits BYU campus, Scan this QR Code:



To schedule an appointment with the **TIAA** financial consultants who visit BYU campus, scan the QR code below.



Questions? Call us at 801-422-4716

# DMBA and TIAA Investment Returns

Period Ending June 30, 2025

| DMBA                                   | 2 <sup>nd</sup><br>Quarter<br>2025 | Year-to-<br>Date | 1-year<br>History | 3-year<br>History | 5-year<br>History | 10-year<br>History |
|--|------------------------------------|------------------|-------------------|-------------------|-------------------|--------------------|
| BlackRock LifePath Index Retire F      | 4.59                               | 6.20             | 9.86              | 7.75              | 5.06              | 5.93               |
| BlackRock LifePath Index 2030          | 5.93                               | 6.97             | 11.18             | 10.02             | 7.74              | 9.02               |
| BlackRock LifePath Index 2035          | 7.21                               | 7.67             | 12.39             | 11.74             | 9.38              | 10.85              |
| BlackRock LifePath Index 2040          | 8.28                               | 8.28             | 13.51             | 13.41             | 10.91             | 12.56              |
| BlackRock LifePath Index 2045          | 9.39                               | 8.84             | 14.57             | 14.96             | 12.23             | 14.02              |
| BlackRock LifePath Index 2050          | 10.51                              | 9.45             | 15.61             | 16.11             | 13.09             | 14.94              |
| BlackRock LifePath Index 2055          | 11.05                              | 9.76             | 16.15             | 16.57             | 13.37             | 15.23              |
| BlackRock LifePath Index 2060          | 11.13                              | 9.81             | 16.21             | 16.60             | 13.37             | 15.23              |
| BlackRock LifePath Index 2065          | 11.12                              | 9.80             | 16.23             | 16.61             | 13.36             | 15.19              |
| BlackRock LifePath Index 2070          | 11.12                              | 9.80             | N/A               | N/A               | N/A               | 9.32               |
| Vanguard Inflation Protected Bond      | 0.45                               | 4.68             | 5.68              | 2.19              | 1.55              | 2.62               |
| PIMCO High Yield Bond                  | 3.20                               | 4.27             | 8.82              | 9.17              | 5.02              | 4.77               |
| Voya Core Plus Trust Fund              | 1.57                               | 4.40             | 6.83              | N/A               | N/A               | 5.80               |
| BlackRock Equity Index Fund            | 10.94                              | 6.19             | 15.15             | 19.70             | N/A               | 10.85              |
| FTSE RAFI U.S. 1000 Index Fund         | 4.71                               | 5.67             | 13.81             | 15.05             | 17.05             | 11.41              |
| Blackrock MidCap Equity Index Fund     | 6.72                               | 0.19             | 7.52              | 12.80             | N/A               | 5.41               |
| BlackRock Russell 2000 Index           | 8.53                               | -1.72            | 7.75              | N/A               | N/A               | 7.84               |
| DFA US Small Cap Value Fund            | 5.16                               | -3.46            | 4.04              | 11.60             | 18.41             | 7.96               |
| Voya Small Cap Growth Fund             | 7.89                               | -4.16            | 1.28              | 12.59             | 10.74             | 9.87               |
| BlackRock MSCI ACWI Index              | 11.84                              | 18.77            | 18.32             | N/A               | N/A               | 15.23              |
| William Blair International Growth CIT | 13.63                              | 13.25            | 10.99             | 11.57             | 6.82              | 10.82              |
| Brandes International Value Fund       | 10.15                              | 21.00            | 24.11             | 21.87             | 16.89             | 9.36               |
| LSV Emerging Markets Fund              | 13.31                              | 18.35            | 17.39             | 16.76             | 15.37             | 8.64               |
| TIAA-CREF                              | 2 <sup>nd</sup><br>Quarter<br>2025 | Year-to-<br>Date | 1-year<br>History | 3-year<br>History | 5-year<br>History | 10-year<br>History |
| CREF Equity Index                      | 10.87                              | 5.57             | 14.93             | 18.78             | 15.70             | 12.68              |
| CREF Global Equities                   | 12.27                              | 9.17             | 15.01             | 18.32             | 14.14             | 10.11              |
| CREF Growth                            | 19.88                              | 6.49             | 14.99             | 26.26             | 16.06             | 15.22              |
| CREF Stock                             | 11.68                              | 9.58             | 14.89             | 17.14             | 13.62             | 10.20              |
| John Hancock Funds Value Mid Cap       | 7.74                               | 5.94             | 12.08             | 13.94             | 15.72             | 9.70               |
| Macquarie Emerging Markets Fund        | 26.54                              | 30.89            | 16.87             | 15.82             | 9.01              | 9.56               |
| Nuveen Core Equity Fund                | 9.87                               | 2.64             | 10.39             | 20.89             | 16.36             | 12.53              |
| Nuveen Equity Index Fund               | 10.91                              | 5.59             | 14.94             | 18.73             | 15.63             | 12.64              |
| Nuveen International Equity Fund       | 10.67                              | 17.89            | 13.10             | 14.76             | 10.59             | 5.40               |

| <b>TIAA-CREF</b>                    | <b>2<sup>nd</sup><br/>Quarter<br/>2025</b> | <b>Year-to-<br/>Date</b> | <b>1-year<br/>History</b> | <b>3-year<br/>History</b> | <b>5-year<br/>History</b> | <b>10-year<br/>History</b> |
|-------------------------------------|--|--------------------------|---------------------------|---------------------------|---------------------------|----------------------------|
| Nuveen International Equity Index   | 11.57                                      | 20.41                    | 18.14                     | 15.82                     | 11.04                     | 6.42                       |
| Nuveen Large Cap Growth Index       | 17.76                                      | 5.95                     | 16.89                     | 25.39                     | 17.79                     | 16.65                      |
| Nuveen Large Cap Responsible Equity | 12.20                                      | 8.61                     | 14.74                     | 17.89                     | 14.89                     | 12.38                      |
| Nuveen Large Cap Value              | 4.52                                       | 7.28                     | 12.89                     | 15.09                     | 15.32                     | 8.88                       |
| Nuveen Large Cap Value Index        | 3.71                                       | 5.81                     | 13.33                     | 12.42                     | 13.59                     | 8.87                       |
| Nuveen Mid Cap Growth               | 18.34                                      | 5.3                      | 11.75                     | 12.63                     | 5.62                      | 7.31                       |
| Nuveen Quant Small Cap Equity       | 9.18                                       | -0.29                    | 8.46                      | 13.65                     | 14.44                     | 8.62                       |
| Nuveen Real Estate Securities       | -0.63                                      | 0.38                     | 8.78                      | 3.09                      | 5.32                      | 6.54                       |
| Nuveen S&P 500 Index                | 10.86                                      | 6.05                     | 14.82                     | 19.35                     | 16.29                     | 13.30                      |
| Nuveen Small Cap Blend Index        | 8.44                                       | -1.88                    | 7.45                      | 9.82                      | 9.85                      | 6.98                       |
| TIAA Real Estate Account            | 0.82                                       | 1.81                     | 2.07                      | -6.28                     | 1.57                      | 2.98                       |
| CREF Core Bond                      | 1.35                                       | 4.17                     | 6.42                      | 3.37                      | -0.08                     | 2.09                       |
| CREF Inflation-Linked Bond          | 1.08                                       | 4.89                     | 6.76                      | 3.57                      | 2.97                      | 2.88                       |
| CREF Social Choice                  | 7.74                                       | 8.68                     | 11.99                     | 11.26                     | 8.16                      | 7.38                       |
| Nuveen Lifecycle 2010               | 4.51                                       | 5.49                     | 8.40                      | 7.93                      | 5.32                      | 5.24                       |
| Nuveen Lifecycle 2015               | 4.68                                       | 5.53                     | 8.40                      | 8.14                      | 5.66                      | 5.51                       |
| Nuveen Lifecycle 2020               | 5.18                                       | 5.74                     | 8.79                      | 8.76                      | 6.19                      | 5.90                       |
| Nuveen Lifecycle 2025               | 5.71                                       | 6.01                     | 9.10                      | 9.58                      | 7.01                      | 6.44                       |
| Nuveen Lifecycle 2030               | 6.64                                       | 6.49                     | 9.66                      | 10.75                     | 8.02                      | 7.06                       |
| Nuveen Lifecycle 2035               | 7.54                                       | 6.95                     | 10.21                     | 12.07                     | 9.12                      | 7.71                       |
| Nuveen Lifecycle 2040               | 8.82                                       | 7.51                     | 10.93                     | 13.57                     | 10.39                     | 8.41                       |
| Nuveen Lifecycle 2045               | 9.70                                       | 7.97                     | 11.48                     | 14.56                     | 11.37                     | 8.94                       |
| Nuveen Lifecycle 2050               | 10.18                                      | 8.19                     | 11.76                     | 15.02                     | 11.68                     | 9.12                       |
| Nuveen Lifecycle 2055               | 10.31                                      | 8.32                     | 11.84                     | 15.18                     | 11.84                     | 9.21                       |
| Nuveen Lifecycle 2060               | 10.41                                      | 8.34                     | 11.95                     | 15.31                     | 11.98                     | 9.31                       |
| Nuveen Lifecycle 2065               | 10.56                                      | 8.35                     | 11.91                     | 15.44                     | N/A                       | 11.05                      |
| Nuveen Lifecycle Retirement Income  | 4.68                                       | 5.52                     | 8.41                      | 7.91                      | 5.31                      | 5.16                       |
| CREF Money Market                   | 1.04                                       | 2.09                     | 4.58                      | 4.36                      | 2.61                      | 1.71                       |
| Nuveen Money Market                 | 0.99                                       | 2.01                     | 4.42                      | 4.35                      | 2.61                      | 1.74                       |
| TIAA Traditional — GSRA             | 0.87                                       | 1.76                     | 3.61                      | 3.65                      | 3.42                      | 3.31                       |
| TIAA Traditional RA                 | 1.04                                       | 2.11                     | 4.35                      | 4.40                      | 4.06                      | 3.96                       |
| TIAA Traditional SRA                | 0.87                                       | 1.76                     | 3.61                      | 3.65                      | 3.42                      | 3.31                       |