

Manage your retirement account and your future



You work hard for your money. TIAA can help make it easy for you to plan for the road ahead.

Consider taking action at [TIAA.org](https://www.tiaa.org)

Once you've logged in with your user name and password, select *My Account*. From there, you can:

Get the app

With the TIAA app,* you can:

- See account details at a glance
 - Check your contributions and investment mix to see if you're on track
 - Contact your advisor or get in touch with a TIAA financial consultant
 - Manage your account 24/7
- Change the investment of future contributions by selecting *Manage Investments*, then *Change Allocation of Future Contributions*. Choose each account or contract you would like to update, then enter your investment instructions.
 - Transfer assets among the plan's investment options by selecting *Manage Investments*, then *Change My Investments*. Choose each account or contract you would like to update, then enter your investment instructions.
 - Update your beneficiary designation by selecting *Change Beneficiaries*, then identify the account you wish to update and select *Edit Account Designations*.
 - Review and update your personal information.
 - Check account balances and confirm contributions.
 - View and research the performance of the plan's investment options.
 - Choose eDelivery.



Need more help?

Managing your retirement account is just the beginning. See the back page for other resources available to you.

Additional education, tools and resources for you



Financial education

TIAA has resources to help you learn more about saving and managing your finances. Visit [TIAA.org/ve](https://www.tiaa.org/ve) to participate in live webinars or visit [TIAA.org/advice](https://www.tiaa.org/advice) to access information about budgeting, college savings, investing and more.



Online tools and calculators

Visit [TIAA.org/tools](https://www.tiaa.org/tools) for interactive planning tools.

- Under *Retirement Planning*, select the *Retirement Goal Evaluator* for an estimate of how much of your salary you might be able to replace at retirement.
- Under *Taxes*, select the *Tax Advantage Calculator* to estimate the long-term growth potential of money contributed to a tax-deferred annuity.
- Under *Saving and Investing*, select the *Asset Allocation Evaluator* for sample portfolios based on your answers to a few questions.



Retirement plan education

Online: Visit [TIAA.org/retirementadvisor](https://www.tiaa.org/retirementadvisor). Log in to your account and follow the on-screen instructions.

To schedule a one-on-one education session, by phone or in person, call TIAA at **800-732-8353**, weekdays, 8 a.m. to 8 p.m. (ET) or visit [TIAA.org/schedulenow](https://www.tiaa.org/schedulenow).

Investment education sessions are not available to participants who reside outside of the United States.



Reach us by phone

Call **800-842-2252** to speak to a TIAA financial consultant, weekdays, 8 a.m. to 10 p.m. and Saturday, 9 a.m. to 6 p.m. (ET). Also, automated access is available 24/7.



Track all your accounts in one place

Use our 360° Financial View, through your secure account at [TIAA.org](https://www.tiaa.org).

- View all your accounts by linking them from over 11,000 financial institutions
- Track your spending
- Set up email alerts
- Create a budget in minutes
- Manage your financial life, at no additional cost

* Some features not available on all devices.

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