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

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

- Change the investment of future contributions by selecting Change 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 Change 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 Add/edit 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.

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

*TIAA app is available on the App Store and Google Play.

Need more help?

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

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 to participate in live webinars or visit TIAA.org/advice to access information about budgeting, college savings, investing and more.

Online tools and calculators
Visit 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. 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.

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.

- 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.

Apple, the Apple logo, iPhone, and iPad are trademarks of Apple Inc., registered in the United States and other countries. App Store is a service mark of Apple Inc. Android and Google Play are trademarks of Google Inc.

This material is for informational or educational purposes only and does not constitute a recommendation or investment advice in connection with a distribution, transfer or rollover, a purchase or sale of securities or other investment property, or the management of securities or other investments, including the development of an investment strategy or retention of an investment manager or advisor. This material does not take into account any specific objectives or circumstances of any particular investor, or suggest any specific course of action. Investment decisions should be made in consultation with an investor's personal advisor based on the investor's own objectives and circumstances.

Investment, insurance and annuity products are not FDIC insured, are not bank guaranteed, are not bank deposits, are not insured by any federal government agency, are not a condition to any banking service or activity, and may lose value.

TIAA-CREF Individual & Institutional Services, LLC, Teachers Personal Investors Services, Inc., and Nuveen Securities, LLC, Members FINRA and SIPC, distribute securities products. Annuity contracts and certificates are issued by Teachers Insurance and Annuity Association of America (TIAA) and College Retirement Equities Fund (CREF), New York, NY. Each is solely responsible for its own financial condition and contractual obligations.

©2017 Teachers Insurance and Annuity Association of America-College Retirement Equities Fund, 730 Third Avenue, New York, NY 10017