



# Manage your retirement account...anywhere, anytime

## 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 makes it easy to manage your financial future

### Take action starting at TIAA.org

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

- **Change the investment of future contributions:** Select *Change your contributions*, then *Plan for the future*. Choose each account or contract to update, then enter investment instructions.
- **Transfer assets among plan investment options:** Select *Change your investments*, then *Change Investments*. Choose each account or contract to update, then enter investment instructions.
- **Update your beneficiary designation:** Identify the account you wish to update and select either *Add Beneficiaries* or *Edit Beneficiary Details* from the *Actions* drop-down.
- **Take care of administrative needs:**
  - 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 online 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/webinars](https://www.tiaa.org/webinars) to participate in live webinars or visit [TIAA.org/public/offer/insights](https://www.tiaa.org/public/offer/insights) 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 advice is 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.

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