



REQUEST FOR LIMITED PERIODIC WITHDRAWALS FROM TIAA RETIREMENT ANNUITIES AND MUTUAL FUNDS

IMPORTANT INFORMATION

- Complete this form to receive limited periodic withdrawals from your TIAA variable annuity accounts and mutual funds. This option is available to all terminated employees between the ages of 55 and 69½. The amount you may withdraw is subject to the terms of your employer's plan. You also may instruct us to use your withdrawals to make direct rollovers.
- The maximum you may elect is 7% annually, which can be paid on a monthly, quarterly, semiannual or annual frequency.
- Please note that once your Limited Periodic Withdrawals begin, the automatic rebalancing you set up for this accumulation will no longer be in effect.
- If you are age 70 or older, please call us to discuss federal minimum distribution requirements.
- To view your current accumulation or to find out the status of your request, log on to our Web Center at TIAA.org or call our Automated Telephone Service at 800-842-2252. You'll need a password and your user ID. Both are available 24 hours a day, 7 days a week.

ABOUT FEDERAL TAXATION

Federal tax law generally subjects your withdrawals to 20% mandatory income tax withholding unless they are directly rolled over to an IRA or another employer's retirement plan.

State income tax withholding may be required from your distribution. If state withholding is mandatory, we will withhold at the rate required by your state. Please note, the state may allow you to elect not to have withholding applied, to choose additional withholding, or to specify the rate of withholding. For more information on state tax withholding go to TIAA.org/public/tax-withholding. Call TIAA if you have any questions at 800-842-2252.

If you claim residence AND citizenship outside the U.S., you must complete Form W-8BEN in addition to this form to certify your foreign tax status. To print this form, go to TIAA.org/forms, and scroll to Find tax forms.

ABOUT DIRECT ROLLOVERS

Your cash payments are subject to mandatory 20% federal income tax withholding unless they are directly rolled over to an IRA or to another plan. When you request a direct rollover, the money is sent directly to the IRA or other plan, not to you. **Note:** Electronic funds transfer is not available for rollovers.

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DIRECT ROLLOVERS TO IRAS

You can always do direct rollovers to IRAs. TIAA offers both Classic IRAs and Roth IRAs. Regulations require that conversions to Roth IRAs be made first as a rollover to an IRA, like our Classic IRA, and then converted to a Roth IRA. A rollover to a Classic IRA is not taxable. A conversion to a Roth IRA is fully taxable since Roth IRAs can only accept after-tax dollars.

You can directly roll over your eligible payments to an existing TIAA Classic IRA by providing us with your IRA contract numbers. Or, if you want to open a new TIAA IRA, just check the appropriate box. Be sure to return your completed IRA enrollment form along with your payment request. To request a new IRA enrollment form, visit our Web Center at TIAA.org, or call us.

DIRECT ROLLOVERS TO PLANS

You may be able to directly roll over your eligible payments to another employer's plan. When deciding whether to roll over your payments, you should consider the choice of investments, features of the plan, and plan rules (since your accumulation will generally become subject to these rules).

Be sure to discuss state tax implications, if any, with your tax advisor. Please note that if you are making a direct rollover from a plan established under another IRS code section to a governmental 457(b) plan, and you are under age 59½ when you make the direct rollover, the 10% early withdrawal penalty will continue to apply to the accumulation you are rolling over until you attain age 59½.

If the other employer's plan is with TIAA, we can determine if the plan can accept the direct rollover. If the other employer's plan is with another financial company, the plan administrator or trustee of the plan receiving your direct rollover must complete Part D in the Direct Rollovers to TIAA section. We must have this information to determine if the Internal Revenue Service rules allow your direct rollover to the plan.

AFTER-TAX CONTRIBUTIONS

The rules for rolling over after-tax contributions are complex. Keep in mind that you can:

- Roll over after-tax contributions made through your employer's plan to an IRA,
- Roll over after-tax contributions to another plan under the same IRS code section, or
- Roll over after-tax contributions from a qualified plan to a qualified plan. The IRS identifies qualified plans as 401(a) plans, Keogh plans, 403(a) plans, and 401(k) plans.

Note: The plan receiving the rollover of your after-tax contributions must agree to separately account for them.

If you would like more information on rolling over after-tax contributions, please call us.





REQUEST FOR LIMITED PERIODIC WITHDRAWALS FROM TIAA RETIREMENT ANNUITIES AND MUTUAL FUNDS

Please print using black or dark blue ink.

IMPORTANT: A full Social Security Number/Taxpayer Identification Number is required to process your request.

If you claim residence AND citizenship outside the U.S., you must complete Form W-8BEN in addition to this form to certify your foreign tax status. To print the W-8BEN form, go to TIAA.org/forms, and scroll to Find tax forms.

1. PROVIDE YOUR INFORMATION

First Name Middle Initial

Last Name Suffix

Social Security Number/
Taxpayer Identification Number Contact Telephone Number Extension

State of Legal Residence Citizenship (if not U.S.)

(if outside the U.S., write in Country of Residence)

2. AMOUNT

Tell us how much of the available amount you want to withdraw from each of your accounts. For all accounts, payments are available at any time and there is no surrender charge. The maximum you may elect is 7% annually, which can be paid on a monthly, quarterly, semiannual or annual frequency. You will select the payment frequency in Section 3. Percentages must be in whole numbers.

The withdrawals are to be taken from my accumulation in

Name of Employer's Plan

TIAA Number CREF Number

I would like to withdraw the following amount(s):

Annuity Accounts	Percentage
TIAA Real Estate	<input type="text"/> <input type="text"/> <input type="text"/> %
CREF Stock	<input type="text"/> <input type="text"/> <input type="text"/> %
CREF Money Market	<input type="text"/> <input type="text"/> <input type="text"/> %
CREF Social Choice	<input type="text"/> <input type="text"/> <input type="text"/> %
CREF Bond Market	<input type="text"/> <input type="text"/> <input type="text"/> %





2. AMOUNT (CONTINUED)

Annuity Accounts

Percentage

CREF Global Equities	<input type="text"/>	<input type="text"/>	<input type="text"/>	%
CREF Growth	<input type="text"/>	<input type="text"/>	<input type="text"/>	%
CREF Equity Index	<input type="text"/>	<input type="text"/>	<input type="text"/>	%
CREF Inflation-Linked Bond	<input type="text"/>	<input type="text"/>	<input type="text"/>	%

**TIAA Institutional Mutual Funds
Retirement Share Class Accounts**

Percentage

TIAA-CREF Growth & Income	<input type="text"/>	<input type="text"/>	<input type="text"/>	%
TIAA-CREF Social Choice Equity	<input type="text"/>	<input type="text"/>	<input type="text"/>	%
TIAA-CREF International Equity	<input type="text"/>	<input type="text"/>	<input type="text"/>	%
TIAA-CREF Large-Cap Value	<input type="text"/>	<input type="text"/>	<input type="text"/>	%
TIAA-CREF Mid-Cap Growth	<input type="text"/>	<input type="text"/>	<input type="text"/>	%
TIAA-CREF Mid-Cap Value	<input type="text"/>	<input type="text"/>	<input type="text"/>	%
TIAA-CREF Real Estate Securities (REIT)	<input type="text"/>	<input type="text"/>	<input type="text"/>	%
TIAA-CREF S&P 500 Index	<input type="text"/>	<input type="text"/>	<input type="text"/>	%
TIAA-CREF Small-Cap Equity	<input type="text"/>	<input type="text"/>	<input type="text"/>	%





Complete Parts A, B,
and C.

Provide only the changes
you would like made to
your existing systematic
payments here.

3. FREQUENCY, AND STARTING AND ENDING DATES

Part A

Tell us how frequently you want to receive payments.

Part B

Provide the date you want to start receiving payments. Pick a date from the first to the twenty-eighth of the month. This date, which we use to make payments, is called the effective date of payment. We use this date to value your account and it must be a business day. Whenever the effective date of payment is not a business day, we use the next business day. You'll receive each payment shortly after the effective date of payment.

Part C

Tell us how long you want to receive payments.

A. Change my frequency of payments to be:

Monthly Quarterly Semiannually Annually

B. Start my payments on the date below.

Date (mm/dd/yyyy)

/ /

C. I want payments to stop on the date below.

Date (mm/dd/yyyy)

/ /





5. DIRECT ROLLOVERS TO ANOTHER COMPANY

Part A

You complete Part A if you are making direct rollovers to an IRA at another financial company.
 Also complete Part C.

Part B

You complete Part B if you are making direct rollovers to another employer's plan that doesn't offer TIAA accounts. Also complete Part C.

Part C

You complete Part C to provide the name, telephone number and check-mailing address of the other financial company, and your account number.

Make my direct rollover(s) to:

A. An IRA at another financial company.

OR

B. Another employer's plan that doesn't offer TIAA accounts.

If you have after-tax contributions and the plan receiving your direct rollovers cannot accept them, we will pay those amounts to you by check and send them to your address of record.

C. Other Financial Company Information.

Investment Company Name

Address

City

State

Zip Code

Contact Telephone Number

Account Number





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6. PROVIDE PAYMENT INSTRUCTIONS

NOTE: If TIAA is unable to validate your bank account information for any reason, or you do not make a selection below, we will automatically mail a check to your current address on file.

Please indicate where you would like us to send the money:

Direct Deposit to my bank account already on file:

Bank Name:

Account Number ending in:

Direct Deposit to my new Checking or Savings Account:

Checking Account OR Savings Account

Provide documentation described in item A, B or C below.

A. Upload a photo of a voided check through our TIAA mobile app or log in to **TIAA.org**. You can also mail an original voided check to TIAA with this form. Starter checks, deposit slips, third-party checks and photocopies of checks are not acceptable.

OR

B. Mail an original notarized letter from your bank (including all the information below) to TIAA with this form. Photocopies of checks are not acceptable.

- On bank letterhead, which includes address of bank
- Name on your account
- Address on your account
- Bank/ABA routing number
- Account number
- Account type (personal checking account or personal savings account)
- Signature of the financial institution's representative. This signature must either be notarized by the financial institution's notary or it must be a signature guarantee, including the stamp or seal from the financial institution's authorized representative.
- If any of the bullet points above are missing, we will send your payment to the current address on file.

OR

C. Upload a photo of a Bank Generated Setup Form (including all the information below) through our TIAA mobile app or log in to **TIAA.org**. You can also mail an original to TIAA with this form. Photocopies of checks are not acceptable.

- Name on your account
- Address on your account
- Bank/ABA routing number
- Account number
- Account type (personal checking account or personal savings account)

Mail a check to my current address on file.

Note: To ensure your account is secure, we can't send a check to a mailing address that has changed in the last 14 days. So, if you're requesting that we send the payment to your mailing address and you've recently changed it, we may not be able to process your current request. Call us so we can discuss some of your options for completing your request.

If you select direct deposit, you will usually receive funds within two (2) business days once we have all the required approvals and documentation.

You may fax copies of forms and documents if you request that we send the payment via direct deposit using banking information we already have on file. Otherwise, you must upload or mail original documents (not faxed copies) with this form.

If you choose to receive a check, we send it by standard U.S. Mail and it may take up to 8-10 business days for you to receive it.





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7. YOUR SIGNATURE

By signing, you authorize TIAA to make the withdrawals as stated in this Request for Limited Periodic Withdrawals from TIAA Retirement Annuities and Mutual Funds. If you receive distributions, such as dividends, return of capital, or a capital gains distribution, to an account after you have requested a full transfer from it, that distribution will be paid to you.

NOTE: Once your systematic payments begin, any automatic rebalancing that you set up for this accumulation will no longer be in effect.

If you are requesting a direct rollover

If you choose to have your payments sent directly to an IRA or to an employer's retirement plan, your signature also authorizes this transaction. If your payments are not sent directly to a traditional (Classic) IRA or a retirement plan, 20 percent of the taxable portion of your payments will be withheld for federal income taxes; or if you are directing your withdrawal to a Roth IRA, you understand the tax consequences of your election.

If you make a direct rollover into another employer's plan, you understand your right to receive a distribution of these funds will be determined by the plan that is accepting the rollover and the funds in which your direct rollover are invested. You further understand that if you make a direct rollover to another employer's plan that is subject to the Employee Retirement Income Security Act of 1974 (ERISA), spousal rights will apply to these funds and you will need a signed waiver from your spouse in order to receive a subsequent distribution of these funds.

If you are requesting a direct deposit

If you requested that your payments be directly deposited, you authorize that the bank charge your account and refund any overpayment to TIAA. You release your bank from any liability to TIAA for overpayment above the amount of the funds available in your account at the time TIAA requests a refund.

For your protection, TIAA may require additional verification of your identity before accepting your transaction as in good order. You agree that your transaction will be valued as of the market close on the business day that all of steps necessary to verify your identity and the transaction to be in good order have been completed. You also agree that in the event these steps are completed after the market close on a business day, then your transaction will be valued as of the market close on the next business day. The amount of money that you receive will depend on the share or unit price on the day on which your transaction is deemed to be in good order. Due to market fluctuations, the price your shares or units ultimately receive could be less than the share or unit price when you initiated this transaction. It is also possible that if we are unable to reach you to verify this transaction it may result in the transaction being canceled.

Be sure to sign and date your request here.

Please sign your full legal name with suffix, if applicable, using black or dark blue ink, or online using TIAA's digital signing experiences. Non-TIAA digital signatures, such as signing with Adobe Acrobat, are not accepted. ▶

Under penalties of perjury, I certify that: (1) The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me); and (2) I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding; and (3) I am a U.S. citizen or other U.S. person; and (4) The FATCA code(s) entered on this form (if any) indicating that I am exempt from FATCA reporting is correct.

Your Signature

Today's Date (mm/dd/yyyy)





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Unmarried Verification: If you are unmarried, ONLY complete Section 8.

Please sign in black or dark blue ink, or online using TIAA's digital signing experiences. Non-TIAA digital signatures, such as signing with Adobe Acrobat, are not accepted.

8. UNMARRIED VERIFICATION

I certify that I am not married AND no longer work for the employer that contributed to this plan.

Your Signature

Today's Date (mm/dd/yyyy)

/ / 20

OR

I certify that I am not married AND I am currently working for the employer that contributed to this plan. Please sign below in the presence of the Plan Representative.

Your Signature

Today's Date (mm/dd/yyyy)

/ / 20

PLAN REPRESENTATIVE CERTIFICATION

By signing, you certify that the participant is not married.

Plan Representative's Signature

Today's Date (mm/dd/yyyy)

/ / 20

Plan Representative's Name (Please print)

Title





REQUEST FOR LIMITED PERIODIC WITHDRAWALS FROM TIAA RETIREMENT ANNUITIES AND MUTUAL FUNDS

To the participant: If you are married, ONLY your spouse will need to complete Section 9.

Remember, spouse must sign and date this waiver on or after the participant has signed this form.

Please sign in black or dark blue ink, or online using TIAA's digital signing experiences. Non-TIAA digital signatures, such as signing with Adobe Acrobat, are not accepted.

This section must be completed by either a Notary Public or Plan Representative. If you reside outside the U.S., then you need to go to a U.S. Embassy/U.S. Consulate or U.S. Bank Branch to obtain a Notary Public's signature.

NOTE: A Notary Public or other officer completing this certificate verifies only the identity of the individual who signed the document to which this certificate is attached, and not the truthfulness, accuracy, or validity of that document.

Please contact your benefits office to complete the Plan Representative Certification instead of a Notary Public Certification.

9. SPOUSE'S WAIVER OF SURVIVOR BENEFITS

As the spouse of a participant in an employer-sponsored retirement plan, you have the right to receive a survivor benefit of at least 50% of the participant's (the account owner's) accumulation if he or she dies before you (referred to as a qualified joint and survivor annuity ("QJSA")). The amount may be more, depending on the plan provisions. With this form, your spouse is requesting a distribution in a form other than the QJSA as well as a Required Minimum Distribution (RMD) in the event your spouse has provided instructions to roll over the requested distribution and has not received RMDs in accordance with federal tax law. Because this means that the money used for the distribution will no longer be available to provide a QJSA survivor benefit to you, we must get your consent before completing the transaction. Please read and sign the statement below only if you agree to the distribution in a form other than the QJSA. You do not have to sign this form. If you do not, you will receive the QJSA survivor benefit described in the *Explanation of the Qualified Joint and Survivor Annuity*.

Important: You must have your signature witnessed by a Notary Public OR the contributing employer's Plan Representative. And you must sign and date this waiver on or after your spouse has signed the distribution form.

By signing I confirm that I have read and understand the *Explanation of the Qualified Joint and Survivor Annuity*, which includes information about the QJSA and the requirements for spousal consent. I hereby agree to this distribution and understand that the amount to be distributed will not be available as a QJSA survivor benefit. I also understand that this waiver applies to this request only; it does not apply to future requests.

First Name

Last Name

Signature

Today's Date (mm/dd/yyyy)

NOTARY PUBLIC CERTIFICATION

State

County

Notary Expiration

Date (mm/dd/yyyy)

On the date noted below the subscriber known to me to be the person described in and who executed the foregoing instrument and he/she acknowledged to me that he/she executed the same.

Notary Public's Signature

Today's Date (mm/dd/yyyy)

In this space, the Notary Public must provide his/her notarial number and the date the appointment expires. Provide the notarial seal if outside New York state.

PLAN REPRESENTATIVE CERTIFICATION

By signing, you are certifying you witnessed the spouse's signature.

Plan Representative's Signature

Today's Date (mm/dd/yyyy)

Plan Representative's Name (Please print)

Title





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Please return ALL numbered pages including any pages you did not need to complete.

RETURN COMPLETED FORM(S) TO:

If this is your first (or a new) direct deposit to the bank account you provided, please include some additional documentation. You can upload a photo of a voided check by following the instructions below. If you prefer to mail your documentation, you can send an original voided check, a letter from your bank, or a bank generated deposit setup form by standard or overnight mail.

If you're using a bank we already have on file for direct deposit, you don't need to provide the documentation listed above.

Upload your documents easily from your mobile device or computer.

Use the TIAA mobile app to quickly upload your completed documents. It's as simple as taking a picture:

- Tap the **Message Center** icon in the upper-right corner of your main screen.
- Select the **Files** header and tap **Upload**. That's it!

Haven't downloaded the TIAA mobile app? Get it today in the **App Store** or **Google Play**.

Don't have a smartphone? It's still easy. From your personal computer, here's what you'll need to do:

- Log in to your **TIAA.org** account and select the **Actions** tab.
- Choose **Upload documents** from the options presented.
- Select **Upload Files** and follow the step-by-step instructions.

Faxing a document or using standard or overnight mail are also available, but can take more time. If you prefer one of these methods, use the information provided below to complete the process.

FAX:
800-914-8922 (within U.S.)
704-595-5795 (outside U.S.)

STANDARD MAIL:
TIAA
P.O. Box 1259
Charlotte, NC 28201-1259

OVERNIGHT:
TIAA
8500 Andrew Carnegie Blvd.
Charlotte, NC 28262





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CHECKLIST

Did you remember to:

- Complete all necessary personal information.
- Indicate how much you want to withdraw by account or fund.
- If you chose direct deposit to a **NEW** checking or savings account, include an original voided check or an original letter from your bank or a bank generated setup form with the completed forms package. **(We cannot accept faxed copies.)** **NOTE:** You do not have to send this documentation if you chose direct deposit to a bank account we already have on file.
- Sign and date this form.
- Remember to sign Unmarried Verification or Spouse's Waiver.
- Call TIAA if you have any questions or need assistance at **800-842-2252**.

FRAUD WARNING

FOR YOUR PROTECTION, WE PROVIDE THIS NOTICE/WARNING REQUIRED BY MANY STATES

This notice/warning does not apply in New York.

Any person who, knowingly and with intent to defraud any insurance company or other person, files an application for insurance or a statement of claim for insurance benefits containing materially false information or conceals, for the purpose of misleading, information concerning any fact material thereto, commits a fraudulent insurance act, which is a crime and may be subject to criminal penalties, including confinement in prison, and civil penalties. Such action may entitle the insurance company to deny or void coverage or benefits.

Colorado residents, please note: Any insurance company or agent of an insurance company who knowingly provides false, incomplete, or misleading facts or information to a policyholder or claimant for the purpose of defrauding or attempting to defraud the policyholder or claimant with regard to a settlement or award payable from insurance proceeds shall be reported to the Colorado Division of Insurance within the Department of Regulatory Agencies.

Virginia and Washington, DC residents, please note: Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to fines and confinement in prison.



This notice is designed to provide you and your spouse (if you're married) information regarding the available standard forms of payment for your benefit under your retirement plan, as well as information regarding the financial effect of electing an optional form of benefit.

Note: The optional payment forms described below, as well as in the section entitled *Financial Effect of Electing an Optional Form of Benefit*, are examples of commonly available optional payment forms, which may or may not be available under the specific terms of your retirement plan.

If you have questions regarding the optional forms of benefit available under your retirement plan, as well as the financial effect of electing an optional form of benefit, please call a TIAA consultant at **800-842-2252** weekdays from 8 a.m. to 10 p.m. or Saturday from 9 a.m. to 6 p.m. (ET). Information on how to contact us from an international location is available on TIAA.org and explained in detail below.

What is the Normal Form of Payment for your Plan Benefit?

If you are married at the time benefits are to be paid from the plan, your benefit is paid in the form of a qualified joint and survivor annuity unless you make a valid election to receive your benefit in an available optional payment form. If you are not married at the time benefits are to be paid from the plan, your benefit is paid in the form of a single life annuity unless you make a valid election to receive your benefit in an optional payment form. You may elect to have your benefits paid in an optional payment form as explained below.

What is a Qualified Joint and Survivor Annuity (QJSA)/Single Life Annuity?

A "qualified joint and survivor annuity" or "QJSA" payment form gives you a periodic retirement payment for the rest of your life. This is often called an "annuity." After you die, the QJSA payment form will pay your spouse an amount not less than 50% (and not more than 100%) of the retirement benefit that was paid to you while you were alive. The precise percentage payable to your spouse after your death will be set forth under the terms of your plan and may range from 50% to 100%. The benefit paid to your spouse after your death is often called a "survivor annuity" or a "survivor benefit," and will continue to be paid for the remainder of your spouse's life. Payments made to you during your lifetime under a qualified joint and survivor annuity may be less than the amount payable under some optional forms, but the qualified joint and survivor annuity guarantees payments to you and also guarantees a "survivor annuity" to your spouse.

A single life annuity gives you a periodic retirement payment for the rest of your life, but no payments will be made after your death to a beneficiary.

Example: Pat Doe and Pat's spouse, Robin, receive payments from the plan under the QJSA payment form, with a 50% survivor annuity. Beginning after Pat retires, Pat receives \$600 each month from the plan. Pat then dies. The plan will pay Robin \$300 a month for the rest of Robin's life.

Can You Change the Way Benefits Are To Be Paid?

Yes, you can waive the standard form of benefit and choose an optional payment form that is made available under your plan. This waiver must be executed no earlier than 180 days before your benefits are to begin. You can revoke your waiver and execute a subsequent waiver at any time before distribution is made.

However, if you're married, your spouse must consent to the election of an optional form of benefit. Please refer to the *Spouse's Waiver of Survivor Benefits Form* for the requirements of your spouse to consent to your waiver. **Your spouse's consent must be voluntary. It is a personal decision as to whether your spouse wishes to give up his or her right to the QJSA payment form.**

If your spouse agrees to change the way the plan's retirement benefits are to be paid, your spouse gives up his or her right to the survivor annuity that would otherwise have been paid after your death. Other payment options may give you larger retirement benefits while you are alive, but might not pay your spouse any benefits after you die.



What Other Payment Options Can I Choose?

If you are married, you may elect to receive your plan benefit under a Qualified Optional Survivor Annuity or “QOSA,” which provides you an annuity for the rest of your life and a survivor benefit for your spouse. For example, if the terms of your plan provide for a QJSA with a 50% survivor annuity but you choose to receive a QOSA, after your death your spouse will be paid a retirement benefit for the rest of his or her life equal to 75% of the amount that had been payable while you were alive. In contrast, if the terms of your plan provide a QJSA with a survivor annuity of 75% or more, your spouse will be paid a retirement benefit for the rest of his or her life equal to 50% of the amount that had been payable while you were alive.

Example: Assuming a plan providing a QJSA with a 50% survivor annuity, Pat Doe and Pat’s spouse, Robin, elect to receive payments from the plan under the QOSA payment form. Beginning after Pat retires, Pat receives \$580 each month from the plan. Pat then dies. The plan will pay Robin \$435 a month (or 75%) for the rest of Robin’s life.

However, there may be several other optional forms of payment available to you under your plan. For example, you might elect a Single-Life Annuity, which permits you to receive income for your life with no survivor benefits. Alternatively, you might elect a Two-Life Annuity, which provides you with an annuity for your life with survivor benefits payable after your death to someone other than your spouse. Selecting among the Life Annuity options means you can’t outlive your income—an important consideration when planning for retirement.

Other commonly available forms include a Fixed Period Annuity, which provides for annuity payments that are guaranteed to be made for a fixed period of years even if you die before that fixed period of years has elapsed, and a Lump Sum Payment, which provides a single payment equal to the full vested account value of your retirement benefits.

Please refer to our brochure, *Making the most of your retirement - Your income options*, which details the income choices available under many plans and will help you choose the right option for your needs. It is available on our website at: TIAA.org/retirementincome.

Examples of some common optional forms of benefit payments:

Example of Single Life Annuity Payment Form: Pat and Robin Doe agree not to receive retirement benefits in the QJSA payment form, and decide instead to receive payments only during Pat’s life. After Pat retires, Pat will receive more than \$600 each month from the plan until Pat’s death. Robin will not receive any payments from the plan after Pat’s death.

Example of Fixed Period Annuity Payment Form: Pat and Robin Doe agree not to receive the QJSA payments and decide instead that Pat will receive a Fixed Period Annuity for 10 years. After Pat retires Pat will receive \$1,200 per month for 10 years, and no payments thereafter. If Pat dies before the end of the 10 years, the monthly benefit will be paid to Pat’s beneficiary (which may or may not be Robin) for the balance of the 10-year period.

Example of Lump Sum Payment Form: Pat and Robin Doe agree not to receive the QJSA payments and decide instead that Pat will receive a single payment equal to the vested account value of all of Pat’s retirement benefits. In this case, no further payment will be made to Pat or Robin.

Please call **800-842-2252** weekdays from 8 a.m. to 10 p.m. or Saturday from 9 a.m. to 6 p.m. (ET) to speak to a TIAA consultant about the actual optional forms available to you under your plan.

International: If you are calling from a location outside the United States, please log in to TIAA.org and click on the Contact Us link at the top right-hand corner of the page. Under the “Contact Us” “By Phone/Fax” section, click on the AT&T international dialing guide, where you can locate your international dialing code and instructions.





The purpose of these illustrations is to ensure that you understand the financial effect of withdrawing your benefit in a form other than a QJSA. A withdrawal of some or all of your benefit in another form will reduce the amount you will have available for lifetime income or fixed period income in the future. Keep in mind that these illustrations are only examples and are not guaranteed. The amounts illustrated do not necessarily reflect what you're eligible to receive, or the current amount of your account balance under the plan.

Please carefully review these illustrations before completing the appropriate withdrawal forms. While the information that follows illustrates the optional forms commonly available, please remember that the actual optional forms available to you are determined by the terms of your plan.

For information on all of your available withdrawal options as well as your current account balance under the plan, or for personalized income illustrations, please call us at 800-842-2252 weekdays from 8 a.m. to 10 p.m. or Saturday from 9 a.m. to 6 p.m. (ET). If you are calling from a location outside the United States, please log in to TIAA.org and click on the Contact Us link at the top right-hand corner of the page. Scroll down the page to click on more phone numbers. In the Call toll-free from abroad section, click on Instructions to view the AT&T international dialing guide where you can locate your international dialing code and dialing instructions.

For additional income choices not illustrated, please see the last page.

To determine approximately how much annuity income you could you receive by electing a QJSA, which means refraining from taking your benefits in an optional form of benefit, find the age when you may start receiving income and see the corresponding different amounts you could receive.

If you want income for your lifetime only, use the Single-Life Annuity chart. For income for the lifetime of you and an annuity partner (usually a spouse) use the Two-Life Annuity charts.

These charts are purely hypothetical and do not illustrate past or projected performance of any TIAA and CREF annuity product. These charts use mortality tables that may change in the future, and assume life expectancy at age 65 of approximately 24 years.

Assumptions

- Annual return of 4%
- You and your annuity partner are the same age

SINGLE-LIFE ANNUITY

You're guaranteed income for life. Income ends at your death.

AMOUNT	ANNUAL INCOME YOU WOULD RECEIVE IF YOU BEGIN INCOME AT:						
	AGE 35	AGE 45	AGE 55	AGE 60	AGE 65	AGE 70	AGE 75
\$ 10,000	\$ 462	\$ 502	\$ 567	\$ 615	\$ 682	\$ 774	\$ 905
100,000	4,622	5,016	5,669	6,155	6,818	7,742	9,048
500,000	23,109	25,082	28,347	30,773	34,089	38,711	45,238



Your annuity partner's income is reduced upon your death unless you select the Two-Life Annuity with 100% to annuity partner.

If the income is from a variable account, such as a CREF account, your income in the first year will be approximately the same as shown. Your income may go up or down in future years, depending on the income option and the investment you select.

Note: Different assumptions would yield other results. For example, having an annuity partner younger than you would mean a lower annual income; an annuity partner older than you would provide higher annual income.

Also, if you choose to add a guaranteed period to the annuity, the annual income will be lower than the numbers illustrated. For the very young, the difference can be less than one dollar.

TWO-LIFE ANNUITY WITH 50% TO ANNUITY PARTNER

You're guaranteed income for life. If you die first, your annuity partner's income is reduced to 50% of the original amount. Your income isn't reduced if your annuity partner dies first.

AMOUNT	ANNUAL INCOME YOU WOULD RECEIVE IF YOU BEGIN INCOME AT:						
	AGE 35	AGE 45	AGE 55	AGE 60	AGE 65	AGE 70	AGE 75
\$ 10,000	\$ 450	\$ 483	\$ 536	\$ 576	\$ 631	\$ 706	\$ 812
100,000	4,501	4,826	5,364	5,764	6,308	7,060	8,116
500,000	22,505	24,131	26,822	28,822	31,538	35,298	40,579

TWO-LIFE ANNUITY WITH TWO-THIRDS TO SURVIVOR

You're guaranteed income for life. However, income is reduced to two-thirds of the amount after the death of either you or your annuity partner.

AMOUNT	ANNUAL INCOME YOU WOULD RECEIVE IF YOU BEGIN INCOME AT:						
	AGE 35	AGE 45	AGE 55	AGE 60	AGE 65	AGE 70	AGE 75
\$ 10,000	\$ 454	\$ 489	\$ 546	\$ 589	\$ 647	\$ 727	\$ 840
100,000	4,540	4,888	5,462	5,889	6,469	7,273	8,404
500,000	22,702	24,440	27,312	29,444	32,345	36,367	42,022

TWO-LIFE ANNUITY WITH 75% TO ANNUITY PARTNER

You're guaranteed income for life. If you die first, your annuity partner's income is reduced to 75% of the original amount. Your income isn't reduced if your annuity partner dies first.

AMOUNT	ANNUAL INCOME YOU WOULD RECEIVE IF YOU BEGIN INCOME AT:						
	AGE 35	AGE 45	AGE 55	AGE 60	AGE 65	AGE 70	AGE 75
\$ 10,000	\$ 444	\$ 474	\$ 522	\$ 559	\$ 608	\$ 676	\$ 772
100,000	4,443	4,737	5,224	5,587	6,080	6,761	7,718
500,000	22,214	23,683	26,119	27,936	30,400	33,807	38,592

TWO-LIFE ANNUITY WITH 100% TO ANNUITY PARTNER

You're guaranteed income for life. Income continues for the full amount following the death of either you or your annuity partner.

AMOUNT	ANNUAL INCOME YOU WOULD RECEIVE IF YOU BEGIN INCOME AT:						
	AGE 35	AGE 45	AGE 55	AGE 60	AGE 65	AGE 70	AGE 75
\$ 10,000	\$ 439	\$ 465	\$ 509	\$ 542	\$ 587	\$ 649	\$ 736
100,000	4,386	4,650	5,090	5,421	5,868	6,488	7,358
500,000	21,931	23,250	25,452	27,103	29,342	32,438	36,790





A Fixed Period, often referred to as an Annuity Certain, pays money out at regular intervals over a period of years. At the end of the period, all payments cease.

It does not guarantee lifetime income; rather it guarantees income only for a specific period of time.

Assumptions

- Annual return of 4%
- Annual return of 6%

Note: Different assumptions would yield other results.

FIXED PERIOD ANNUITY (ASSUMING 4% RETURN)

Unlike the previous Life Annuity options, Fixed Period Annuities make payments for a fixed number of years and then cease. The number of years for which payments are available is based on your account type and/or your contributing employer's plan rules. If you die before the end of the guaranteed payment period, your beneficiary or estate will continue to receive income until the end of the guaranteed period.

This chart assumes a 4% return.

AMOUNT	ANNUAL INCOME YOU RECEIVE PAYMENTS FOR THE FOLLOWING FIXED NUMBER OF YEARS		
	10 YEARS	20 YEARS	30 YEARS
\$ 10,000	\$ 1,207	\$ 720	\$ 566
100,000	12,069	7,203	5,661
500,000	60,346	36,015	28,305

FIXED PERIOD ANNUITY (ASSUMING 6% RETURN)

Payments are made for a fixed number of years and then cease. The number of years for which payments are available is based on your account type and/or your contributing employer's plan rules. If you die before the end of the guaranteed payment period, your beneficiary or estate will continue to receive income until the end of the guaranteed period.

This chart assumes a 6% return.

AMOUNT	ANNUAL INCOME IF YOU RECEIVE PAYMENTS FOR THE FOLLOWING FIXED NUMBER OF YEARS		
	10 YEARS	20 YEARS	30 YEARS
\$ 10,000	\$ 1,316	\$ 845	\$ 704
100,000	13,163	8,446	7,038
500,000	65,814	42,232	35,191





For information on all of your available withdrawal options, or for personalized income illustrations, please call us at 800-842-2252.

ADDITIONAL INCOME CHOICES

You also have the flexibility to receive income through the choices listed below. Depending on your needs and goals, these may help you build a flexible income stream.

INTEREST-ONLY INCOME

Interest-Only offers you the flexibility of receiving income without drawing down your TIAA Traditional balance in Retirement Annuity, Group Retirement Annuity and Retirement Choice contracts. Your income includes a guaranteed interest rate of 3% (for most contracts) plus any additional amounts declared above the guaranteed rate. As interest rates change, so does your income. It's an ideal way to supplement your income during a transition to full retirement or if you are working part time. Once you reach age 70½, we generally recommend that you switch to another income choice designed to meet the Internal Revenue Service's (IRS's) required minimum distributions.

MINIMUM DISTRIBUTION WITHDRAWALS

Generally available for participants who have reached age 70½, this option pays you only the amount needed to meet federal required minimum distributions. That way, your remaining balance can continue to grow tax deferred.

TRANSFER PAYOUT ANNUITY

The TIAA Traditional Annuity's primary goal is to protect your principal while providing the highest potential return.* In order to uphold these benefits, withdrawals are limited to a portion of your balance each year. For income from your TIAA Traditional balance in a Retirement Annuity or Group Retirement Annuity, you can receive 10 annual withdrawals through the Transfer Payout Annuity. Group Retirement Annuities may also offer the choice of annual fixed-period withdrawals between 5 and 30 years. And Retirement Choice Annuity contracts offer an 84-month withdrawal option.

For your protection, TIAA may require additional verification of your identity before accepting your transaction as in good order. You agree that your transaction will be valued as of the market close on the business day that all of the steps necessary to verify your identity and the transaction to be in good order have been completed. You also agree that in the event these steps are completed after the market close on a business day, then your transaction will be valued as of the market close on the next business day. The amount of money that you receive will depend on the share or unit price on the day on which your transaction is deemed to be in good order. Due to market fluctuations, the price your shares or units ultimately receive could be less than the share or unit price when you initiated this transaction. It is also possible that if we are unable to reach you to verify this transaction within 5 days, this transaction may be canceled.

*All guarantees are based on TIAA's claims-paying ability.

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

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