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
- Call TIAA or schedule a virtual session with a financial consultant
- Manage your account 24/7

*TIAA app 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 online resources available to you.

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 contribution amount from the Retirement section, then Choose future investments, then Make changes. Choose each account or contract to update, then enter investment instructions.

- **Transfer assets among plan investment options**: Select Change your investments from the Retirement section, then Exchange, then Make changes. Choose each account or contract to update, then enter investment instructions.

- **Update your beneficiary designation**: Select Add/edit beneficiaries from the All accounts section, select Add New to make changes to multiple accounts or the Edit Existing to update beneficiaries on a specific account.

- **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

*Some features not available on all devices.
**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](http://TIAA.org/webinars) to participate in live webinars, or visit [TIAA.org/public/offer/insights](http://TIAA.org/public/offer/insights) to access information about budgeting, college savings, investing and more.

![Create a retirement savings and investment plan]

Visit [TIAA.org/retirementadvisor](http://TIAA.org/retirementadvisor) to get personalized savings and investment advice.

Are you closer to retirement? Visit [TIAA.org/pfr](http://TIAA.org/pfr) to explore your personal vision of retirement and create an income plan.

To schedule a one-on-one education session, by phone or virtually, call TIAA at 800-732-8353, weekdays, 8 a.m. to 10 p.m. (ET). Or visit [TIAA.org/schedulenow](http://TIAA.org/schedulenow).

Investment advice is not available to participants who reside outside of the United States.

![Need help with your financial goals?]

Let us help you set specific goals and track your progress in reaching them.

Log in to [TIAA.org](http://TIAA.org) and choose the Goals tab to get started.

![Reach us by phone]

Call 800-842-2252 to speak to a TIAA financial consultant, weekdays, 8 a.m. to 10 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](http://TIAA.org).

- View all your accounts by linking them from more than 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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