



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



*Some features not available on all devices.

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



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.



Create a retirement savings and investment plan

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

Are you closer to retirement? Visit [TIAA.org/pfr](https://www.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](https://www.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](https://www.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](https://www.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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