



Need an introduction to the University of Rochester Retirement Program?

Who should join?

Employees interested in learning more about the Retirement Program and the importance of saving for retirement should consider joining this webinar: "Get a Head Start."

What can you learn?

You can get a better understanding of:

1. Voluntary Contributions and University Direct Contributions
2. Investment options
3. Planning services available from TIAA

Webinar Registration

You can attend a webinar which will review important details about the Retirement Program. You will be able to ask general questions through a live chat feature. If you are unable to attend one of the live webinars listed below, click on the link to listen to a recording which will be available for 30 days following the webinar date.

Thursday, January 17, 12:00 pm – 1:00 pm

[Register](#)

Thursday, April 4, 12:00 pm – 1:00 pm

[Register](#)

Thursday, July 11, 12:00 pm – 1:00 pm

[Register](#)

Thursday, October 3, 12:00 pm – 1:00 pm

[Register](#)

One-on-one advice sessions

You can receive personalized retirement plan investment advice either over the phone or in person. This service is available at no additional cost to you. To schedule your advice session, call **800-410-6497**, Monday-Friday, 8 a.m. to 10 p.m. (ET) and Saturday, 9 a.m. to 6 p.m. (ET) or schedule online at TIAA.org/schedulenow.

Questions?

Call TIAA at **800-410-6497**.