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 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.

* 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 to participate in live webinars, or visit 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 to get personalized savings and investment advice.

Are you closer to retirement? Visit 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 in person, call TIAA at 800-732-8353, weekdays, 8 a.m. to 8 p.m. (ET). Or visit 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 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. 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.

- 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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