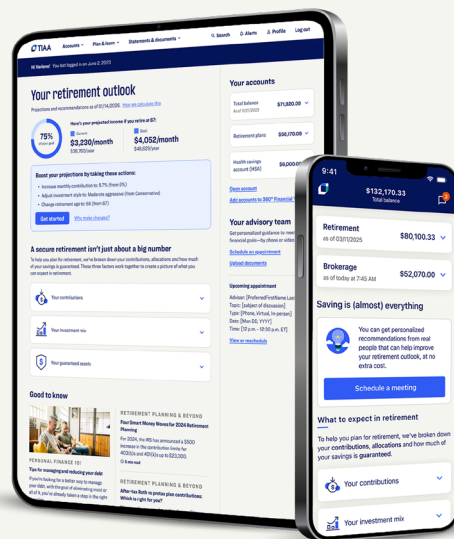




Five ways to manage your TIAA account online



Log in, track your progress, and manage your TIAA account with ease. Here's how to get started.

1

Access your TIAA account, visit tiaa.org

New users will need to register for online access

2

Manage beneficiaries

Select **Profile**, then click **Manage beneficiaries**.

Note: Be sure to add/manage beneficiaries for each retirement plan you have.

3

Explore your retirement plan investment menu

Select **Accounts**, then click **View investments** or **Research investments**.

4

Set up eDelivery and update preferences

Select **Profile**, then click **Communication preferences**.

5

Get advice and support

Meet with a financial consultant to understand your investment menu, review your contributions, and help create a retirement plan that fits your goals. Visit tiaa.org/schedulenow or call **800-732-8353**, weekdays, 8 a.m. to 8 p.m. (ET).

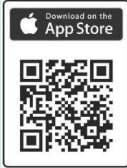


Online tools and resources

Financial Essentials

Explore tiaa.org/essentials for webinars, tools and calculators, and financial topics, from tackling debt to rebalancing your portfolio, anytime you need guidance or inspiration.

Why wait for advice? Explore **Retirement Journey Planner**—no meeting required.

Guidance	Need help?	TIAA mobile app
To schedule a one-on-one meeting with a financial consultant at no extra cost, visit tiaa.org/schedulenow or call 800-732-8353, weekdays, 8 a.m. to 8 p.m. (ET). 	For help navigating your online TIAA account, call 800-842-2252, weekdays, 8 a.m. to 10 p.m. (ET).	Check your balances, view your beneficiaries, make updates, set up alerts, and more in the TIAA mobile app. 



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