Go digital—Plan smarter for retirement and more!

Let TIAA answer your questions
Call us at 800-842-2252, weekdays, 8 a.m. to 10 p.m. (ET).

Want to speak with a consultant at no extra cost?
Call 800-732-8353, weekdays, 8 a.m. to 8 p.m. (ET), or schedule online at TIAA.org/schedulenow.

TIAA makes it easy to manage your retirement account

Log in to the TIAA mobile app* to:
- Check your balances, along with your personal rate of return
- Use 360° Financial View to see your complete financial picture in one place
- View year-to-date contributions and change how future contributions are invested
- Move money among your plan’s investment options
- Upload completed forms or files to TIAA for processing
- Set up eDelivery, update personal information and manage communication preferences
- Set up alerts for plan communications, including SMS

Log in to TIAA.org to take your retirement planning to the next level
- View year-to-date contributions and change how future contributions are invested
- Move money among your plan’s investment options
- Update beneficiaries and other personal information
- Use the Retirement Income Illustrator tool to help you meet your retirement income goals
- Use the Retirement Advisor tool to create a customized action plan with savings and investment recommendations
- Create and monitor goals to help keep you on track for retirement
- Reserve a spot at a live TIAA webinar

Get the TIAA mobile app

Let TIAA answer your questions
Call us at 800-842-2252, weekdays, 8 a.m. to 10 p.m. (ET).

Want to speak with a consultant at no extra cost?
Call 800-732-8353, weekdays, 8 a.m. to 8 p.m. (ET), or schedule online at TIAA.org/schedulenow.

TIAA makes it easy to manage your retirement account

Log in to the TIAA mobile app* to:
- Check your balances, along with your personal rate of return
- Use 360° Financial View to see your complete financial picture in one place
- View year-to-date contributions and change how future contributions are invested
- Move money among your plan’s investment options
- Upload completed forms or files to TIAA for processing
- Set up eDelivery, update personal information and manage communication preferences
- Set up alerts for plan communications, including SMS

Log in to TIAA.org to take your retirement planning to the next level
- View year-to-date contributions and change how future contributions are invested
- Move money among your plan’s investment options
- Update beneficiaries and other personal information
- Use the Retirement Income Illustrator tool to help you meet your retirement income goals
- Use the Retirement Advisor tool to create a customized action plan with savings and investment recommendations
- Create and monitor goals to help keep you on track for retirement
- Reserve a spot at a live TIAA webinar

Get the TIAA mobile app
*Not all features are available on all devices.

Apple, the Apple logo, iPhone, and iPad are trademarks of Apple Inc., registered in the United States and other countries. App Store is a service mark of Apple Inc. Android and Google Play are trademarks of Google Inc. The TIAA Retirement Advisor is a brokerage service provided by TIAA-CREF Individual & Institutional Services, LLC, a registered broker-dealer, Member FINRA, SIPC.

This material is for informational or educational purposes only and does not constitute fiduciary investment advice under ERISA, a securities recommendation under all securities laws, or an insurance product recommendation under state insurance laws or regulations. This material does not take into account any specific objectives or circumstances of any particular investor, or suggest any specific course of action. Investment decisions should be made based on the investor’s own objectives and circumstances.

Investment, insurance, and annuity products are not FDIC insured, are not bank guaranteed, are not deposits, are not insured by any federal government agency, are not a condition to any banking service or activity, and may lose value.

Investment products may be subject to market and other risk factors. See the applicable product literature, or visit TIAA.org/performance for details.

TIAA-CREF Individual & Institutional Services, LLC, Member FINRA, distributes securities products. Annuity contracts and certificates are issued by Teachers Insurance and Annuity Association of America (TIAA) and College Retirement Equities Fund (CREF), New York, NY. Each is solely responsible for its own financial condition and contractual obligations.

©2022 Teachers Insurance and Annuity Association of America-College Retirement Equities Fund, 730 Third Avenue, New York, NY 10017