



Manage your retirement account...anywhere, anytime



Need more help?

Managing your retirement account is just the beginning. See the back page for other online resources available to you.

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**



* Some features not available on all devices.

TIAA makes it easy to manage your financial future

Take action starting at TIAA.org/Pacific

Once you've logged in with your user name and password, select **ACTIONS**. From there, you can:

- **Change contribution amount:** Select *Change contribution amount* from the *Retirement* section. Update the dollar amount or percentage for your contributions and the date to make your change effective.
- **Change the investment of future contributions:** Select *Change your investments* 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, then select *Add New* to make changes to multiple accounts or *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
 - Get loan information

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.



Online tools and calculators

Visit [TIAA.org/tools](https://www.tiaa.org/tools) for interactive planning tools.

- Under *Retirement Planning*, select the *Retirement Goal Evaluator* for an estimate of how much of your salary you might be able to replace at retirement.
- Under *Taxes*, select the *Tax Advantage Calculator* to estimate the long-term growth potential of money contributed to a tax-deferred annuity.
- Under *Saving and Investing*, select the *Asset Allocation Evaluator* for sample portfolios based on your answers to a few questions.



Retirement plan education

Online: Visit [TIAA.org/retirementadvisor](https://www.tiaa.org/retirementadvisor). Log in to your account and follow the on-screen instructions.

To schedule a one-on-one guidance session, by phone or in person, call TIAA at **800-732-8353**, weekdays, 5 a.m. to 5 p.m. (PT). Or visit [TIAA.org/schedulenow](https://www.tiaa.org/schedulenow).

Investment advice is not available to participants who reside outside of the United States.



Reach us by phone

Call **800-842-2252** to speak to a TIAA financial consultant, weekdays, 5 a.m. to 7 p.m. and Saturday, 6 a.m. to 3 p.m. (PT). Also, automated access is available 24/7.



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