



Making the most of your retirement

Turning your savings into income



BUILT TO PERFORM.

CREATED TO SERVE.



Have a plan for replacing your income when you stop working

Think about where you are in life. You likely receive a monthly paycheck, and it has to cover your everyday expenses (food, utilities and a roof over your head), other bills and entertainment. Retirement isn't any different—you'll still have these expenses, and maybe others as well, depending on the lifestyle you choose.

Get started with your retirement plan

TIAA is with you while you're saving, and we'll be with you as you transition into retirement. It may feel overwhelming but, as you'll see, it's really about taking the right actions in the right order—and you can begin today.

- Approaching retirement**
- Creating a diversified income plan**
- Converting your savings into lifetime income**
- Seeking other income options?**
- We're here to help**

Not sure if you're ready?

This can be an exciting time no matter how you choose to spend it. Start by picturing what you want your life to be like in retirement. Will you work part time or volunteer? Will you travel modestly to see family or take extravagant vacations to exotic locales? Will you downsize or buy a new vacation home? Thinking through these decisions can help you begin this new chapter in your life.

Approaching retirement

Choosing when to retire often depends on your goals, the amount you've saved and your confidence in how long it will last.

Important considerations:



How much income you will need

Life costs money regardless of your particular spending habits. The good news is, just like you're doing now, you can figure out your expenses. Be sure to account for:

- Living expenses, including food, housing and transportation
- Discretionary expenses, such as travel, leisure and hobbies
- Health and long-term care



When to start taking Social Security

Go to [SSA.gov](https://www.ssa.gov) to estimate your benefits. You can start at age 62, but your payments increase the longer you wait up until age 70.



If your employer offers a pension

Although rare today, these guaranteed income payments are ideal for helping cover everyday expenses.



If you continue working

Whether it's shifting to part time in your current job or starting a second career, continuing to work can help you reduce the need to tap into savings.



When to take money from your savings

Once you've determined your anticipated costs and financial resources, you'll want to have a plan for optimizing your savings to help make sure your retirement income never runs out.¹



Need help figuring out your expenses in retirement?

Take advantage of the budgeting worksheet at [TIAA.org/BuildYourBudget](https://www.tiaa.org/BuildYourBudget).

Not sure how to start a retirement income plan?

Learn more about what goes into creating an income plan at *Preparing for retirement* at—[TIAA.org/pfr](https://www.tiaa.org/pfr).

Medicare—one deadline you don't want to miss

If you're not already collecting Social Security at 65, you must enroll in Medicare around your 65th birthday if you want the health coverage.

Creating a diversified income plan

You diversify your investments before retirement...the same strategy can help see you through retirement.

Most investors know that, like a balanced diet, it's important to have a balanced mix of investments. The top performers one year can be the worst performers the following year. Diversifying your investments can help offset the risks of market volatility or persistently low interest rates.*

Once you retire, an extra layer of income diversification becomes paramount to help make sure your income needs are met, especially in the face of certain risks.



Outliving your money

Will the money you saved last 10 years? 20 years? 30 years?



Market downturns

Investment losses and taking income could deplete savings sooner than expected.



Inflation

A gallon of gas could go from \$1.19 to \$4.77 over 30 years.²



Cognitive decline

How well will you be able to manage your finances when you're older?

Get income for life beyond Social Security

Annuities are the only financial option you can choose for income payments that will last a lifetime.¹

Types of annuities



Fixed annuities can provide steady and reliable income every month. (An example is our TIAA Traditional annuity.)





Variable annuities can provide payments that will vary, based on performance, to potentially keep pace with inflation.¹ (Examples are our CREF Stock Account and TIAA Real Estate Account.)

*Diversification is a technique to help reduce risk. It is not guaranteed to protect against loss.

How annuities fit in

Build your income plan from multiple sources to help address all the risks and cover various expenses.

<p>Steady income for everyday expenses</p> 	<p>Social Security (and pension if available) The amount depends on employees' career earnings and retirement age</p>
	<p>Fixed annuities Guaranteed monthly income protected from market downturns¹</p>
<p>Variable income for additional expenses</p> 	<p>Variable annuities Lifetime payments that vary with performance to hedge against inflation¹</p>
	<p>Investment portfolio Mutual funds, brokerage accounts, etc., offer liquidity but are also affected by market volatility and length of retirement</p>

Income for life
 Could run out

Converting your savings into lifetime income

When you're ready to retire and you want to convert a portion of your annuity savings for income you can't outlive, you'll have to make a few decisions.

1

Choose if you want income for yourself, or you and your significant other*

- ✓ Select **annuity payments covering one life** to ensure you receive money as long as you live.
- ✓ Select **annuity payments covering two lives*** to ensure you and your spouse or partner both receive money over the course of your lifetimes.**

*Lifetime income is created by converting assets into a lifetime income stream. Once elected, it cannot be canceled.

**You can choose from several income amounts to help provide the same quality of life. If your annuity partner is not your spouse (as defined for federal tax purposes) and he or she is more than 10 years younger than you, an annuity for two lives is not available.

***The maximum guarantee period is based on your life expectancy according to Internal Revenue Service tables. Depending on who you designate as beneficiary, some or all of the payments remaining at your death, if any, may need to be commuted to comply with federal tax law. You should consult a tax adviser before selecting an annuity guarantee period.

2

Decide if you'll add a guarantee for beneficiary protection

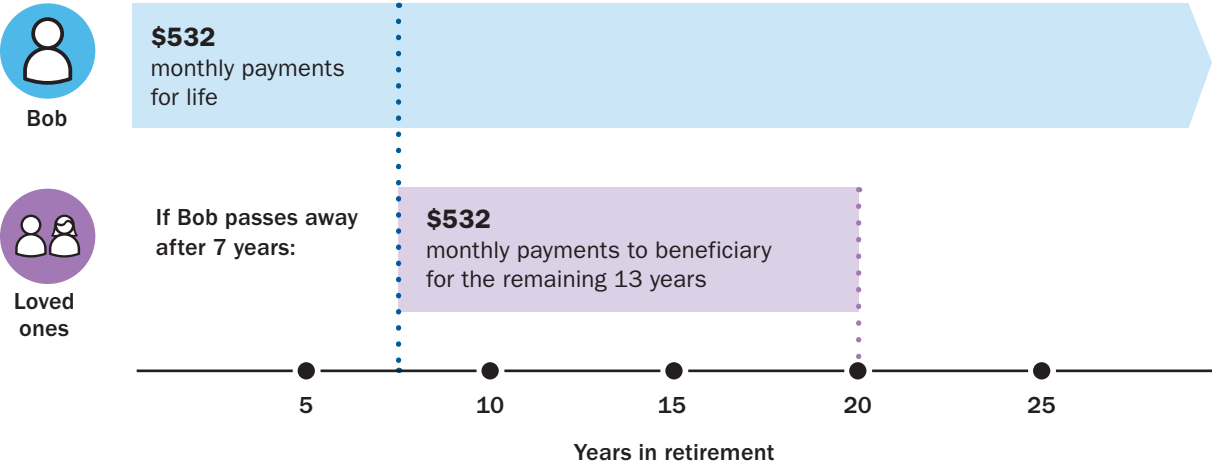
You may be asking, "What if something happens to me (or us) soon after I convert my savings? Will TIAA keep all of my money?" You can ensure that your loved ones will receive your remaining payments up to a maximum period of 10, 15 or 20 years.***



Why add beneficiary protection?

Imagine Bob, a 65-year-old widower, is interested in converting \$100,000 of his TIAA Traditional annuity savings for lifetime income payments. If Bob only chooses lifetime income for himself, he would get \$580 a month. But the payments would stop when he passes away. Instead, for a little less each month, he can also take care of his 60-year-old sister* if something happens to him.³

If Bob chooses lifetime income with 20 years of beneficiary protection



In this scenario, the total amount paid out would be \$127,680—more than the initial \$100,000 Bob converted for income.

It's no wonder 80% of TIAA annuity owners include beneficiary protection when selecting lifetime income.⁴

*For nonspousal beneficiaries more than 10 years younger than the annuitant, payments may be limited to 10 years. Payments extending more than 10 years past death may need to be commuted.

Seeking other income options?

Income for life is a popular choice for many, but it's not the only one. See all the other ways you can access your annuity savings.

Option	When you need to...	Considerations
Take lump-sum or regular (systematic) withdrawals*	Take money from your savings for an emergency or recurring expense	<ul style="list-style-type: none"> ▪ You have the flexibility to start and stop taking withdrawals at any time* ▪ The bigger the withdrawals, and the longer you live, the greater your risk of running out of money ▪ Since TIAA Traditional annuity is intended to provide income, there may be limitations to the amount that can be withdrawn at once*
Take interest-only payments from your TIAA Traditional fixed annuity	Bridge an income gap without reducing your savings	<ul style="list-style-type: none"> ▪ Only available between ages 55 and 71 ▪ You can switch to another income option ▪ If you select this option, you must take payments for one year before switching to another income choice
Select a fixed-period annuity	Cover expenses or an income gap over a specific time frame	<ul style="list-style-type: none"> ▪ The shorter the duration period, the larger the payment amount ▪ For TIAA Traditional annuity, payout period can be 5 to 30 years* ▪ For TIAA or CREF variable annuities, payout period can be 2 to 30 years*
Choose the RMD option and TIAA will calculate withdrawals to ensure you meet the IRS rules	Satisfy required minimum distributions (RMDs) once you reach your RMD Applicable Age**	<ul style="list-style-type: none"> ▪ Only TIAA retirement plan accounts are considered; outside money must be handled separately ▪ These distributions, after taxes, can also be reinvested ▪ You can convert to lifetime income, which may result in higher income amounts

*May be subject to annuity contract or employer rules. Please note that withdrawals are subject to ordinary income tax, plus a possible federal 10% penalty if you make a withdrawal before age 59½.

**Your RMD Applicable Age is age 72 if you were born in 1950 or earlier; 73 if born between 1951 and 1958; 75 if born in 1960 or later. If you were born in 1959, federal guidance is needed to determine if your RMD Applicable Age is 73 or 75.

We're here to help

Learn more about lifetime income

We can help you understand how and when to make the decision to turn annuity savings into lifetime income. [TIAA.org/retirementincome](https://www.tiaa.org/retirementincome).

Discuss your retirement plan with us

Consultants are available at
800-842-2252, weekdays,
8 a.m. to 10 p.m. (ET)





¹ Lifetime income payments can be obtained from annuities, which are designed for retirement savings or for other long-term goals. TIAA Traditional, issued by Teachers Insurance and Annuity Association of America, is a guaranteed insurance contract and not an investment for federal securities law purposes. Any guarantees under annuities issued by TIAA are subject to TIAA's claims-paying ability. If you choose to invest in variable investment products, your money will be subject to the risks associated with investing in securities, including loss of principal. Payments from the variable accounts will rise or fall based on investment performance.

² Source: US Inflation Calculator > Gasoline Prices Adjusted for Inflation 1992-2022 at <https://www.usinflationcalculator.com/gasoline-prices-adjusted-for-inflation/>

³ Source: This illustration is hypothetical and is intended to provide the reader with a general idea of the approximate level of potential change in income by reducing the level of protection based on varying forms of payout. The figures are based on an annuitant age 65, and can be higher or lower depending on actual age. For the hypothetical illustration, we assumed that a balance of approximately \$100,000 was converted to TIAA Traditional annuity income assuming a 4.25% settlement interest rate. Every participant can have their own unique settlement rate because of their own unique split of their accumulation across TIAA Traditional vintages, so actual rates and income can be higher or lower than those shown. Note that using the same balance and the minimum guarantee in the Retirement Annuity contract, a single life annuity with 20 years guaranteed would provide \$392 in income versus the \$532 depicted. All guarantees are based on TIAA's claims-paying ability.

⁴ Based on TIAA Traditional annuitizations in 2021.

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.

You should consider the investment objectives, risks, charges, and expenses carefully before investing. Please call 877-518-9161 or log in to TIAA.org for current product and fund prospectuses that contain this and other information. Please read the prospectuses carefully before investing.

The TIAA group of companies does not provide legal or tax advice. Please consult with your legal or tax advisor.

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.

Certain products may not be available to all entities or persons.

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. Brokerage services are provided by TIAA Brokerage Services, a division of TIAA-CREF Individual & Institutional Services, LLC. Member FINRA/SIPC. Each is solely responsible for its own financial condition and contractual obligations.

©2023 Teachers Insurance and Annuity Association of America-College Retirement Equities Fund, 730 Third Avenue, New York, NY 10017

BUILT TO PERFORM.

CREATED TO SERVE.