



Financial Services

REQUESTING THE MINIMUM DISTRIBUTION OPTION FOR PRIVATE EMPLOYER PLANS

To get:

- account information
- a copy of the booklet
Minimum Distribution:
Making It Simple.
- the status of your request
- answers to your questions

Call **800 842-2252**

Monday – Friday

8 a.m. – 10 p.m. (ET)

Saturday

9 a.m. – 6 p.m. (ET)

Or visit us online at

tiaa-cref.org 24 hours a day.

Have your user ID and
password ready.

WHAT IS THE MINIMUM DISTRIBUTION OPTION?

The Minimum Distribution Option is designed to help you meet the federal required minimum distribution without requesting withdrawals each year or starting lifetime annuity income.

Every year, we'll calculate and pay you the minimum amount you're legally required to take from the annuities you list on this form. Your remaining account balance will continue to earn interest in the TIAA Traditional Annuity or remain fully invested in the TIAA-CREF variable accounts and mutual funds.

YOUR CHECKLIST

- Provide all the personal information requested and tell us how often you want to receive your minimum distributions. (Sections 1 and 2)
- You must name a beneficiary for your new Minimum Distribution Option contract. (Section 7)
- Let us know where to send your withdrawal: direct deposit to your bank account, by check to your address, or to another TIAA-CREF account. (Section 8)
- Remember to sign and date this form. (Section 9)
- Complete the "Additional Requirements Based on Marital Status" section. If you are single, complete section 10A; if you are married, your spouse must complete Section 10B in front of a notary public or your contributing employer's plan representative.
- Mail all pages of your completed form to: **TIAA-CREF, P.O. Box 1268, Charlotte, NC 28201-1268.**

KEY INFORMATION TO CONSIDER

- We are required to withhold state tax if you reside in: AR, CA, DE, GA, IA, KS, MD, ME, MA, NE, NC, OK, OR, VT or VA. If your state tax form isn't included with this form, go to www.tiaa-cref.org/forms, under General Tax Forms.
- We may also have included a Record of Age form if we need to confirm your date of birth for our records.
- If we don't have your Individual Taxpayer Identification or Social Security number on file, we included Form W-7 with your forms. Please complete and return Form W-7 to the Internal Revenue Service to apply for an Individual Taxpayer Identification number.
- If you aren't a U.S. citizen, we must withhold 30% of your withdrawals for federal income tax. If you reside in a country that has a reciprocal tax treaty with the United States, you may be exempt from this or eligible for a reduced withholding rate. To claim the exemption or a reduced rate, you must provide us with a certification of your foreign status and provide us with a valid Individual Taxpayer Identification number or Social Security number.



INSTRUCTIONS



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REQUESTING THE MINIMUM DISTRIBUTION OPTION FOR PRIVATE EMPLOYER PLANS

Print in upper case using black or dark blue ink and provide all information requested.

We need your citizenship and state of residence for tax reasons.

This form can be used to start minimum distributions from multiple TIAA-CREF contracts. If you want to list more than 3 sets of contracts, please attach a separate page.

1. PROVIDE PERSONAL INFORMATION AND ACCOUNT INFORMATION

First Name Middle Initial

Last Name

Social Security Number/Taxpayer Identification Number Date of Birth (mm/dd/yyyy) / /

Daytime Telephone Number - - Extension

State of Residence (if outside the U.S., write in Country of Residence) Citizenship (if not U.S.)

1. Name of Employer's Plan (Not required for withdrawals from IRAs)

TIAA Number CREF Number

2. Name of Employer's Plan (Not required for withdrawals from IRAs)

TIAA Number CREF Number

3. Name of Employer's Plan (Not required for withdrawals from IRAs)

TIAA Number CREF Number

Have you stopped working for the employer that contributed to these plans?

Yes, on: / / OR No

2. TELL US HOW OFTEN YOU WANT TO RECEIVE YOUR MINIMUM DISTRIBUTIONS

I want to receive my minimum distributions:

Monthly Quarterly
 Semiannually Annually





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* For your ongoing minimum distributions, pick a date from the 1st to the 28th of the month. This is called the effective date. It's the date we use to value your account and the date we'll use to make ongoing minimum distributions. Whenever the effective date is not a business day, we use the next business day. You'll receive each distribution shortly after the effective date.

3. WHEN YOU WANT TO START MINIMUM DISTRIBUTIONS

Complete this part if you are starting minimum distributions in the same year you turn 70½ or retire.

Start my ongoing withdrawals on:*

Date (mm/dd/yyyy)

/ /

OR

Complete this part if you are starting minimum distributions between January 1 and March 28 of the year after you turn age 70½ or retire.

You must receive two distributions in the first year. Tell us when you want your first distribution, and then tell us when you want to start your ongoing distributions.

I want my first minimum distribution to take place on:

Date (mm/dd/yyyy)

/ /

Start my ongoing minimum distributions on:*

Date (mm/dd/yyyy)

/ /

4. TELL US IF YOU WANT US TO INCLUDE YOUR PREVIOUS WITHDRAWALS IN THE CALCULATION

Check the box below, if the following statement applies.

Yes, I want you to include all applicable cash withdrawals I've already taken and have TIAA-CREF calculate my required minimum distribution.

If you claim residence AND citizenship outside the U.S., you must complete Form W-8BEN in addition to this form to certify your foreign tax status. To print this form, go to www.tiaa-cref.org/forms, and see General Tax Forms. For questions, call TIAA-CREF at 800 842-2252.

5. DECIDE ON YOUR FEDERAL TAX WITHHOLDING

To U.S. citizens and resident aliens:
(If you're a U.S. citizen residing outside the United States, you must elect federal income tax withholding.)

Yes, I want you to withhold the following amount from my minimum distribution for federal income taxes.

\$ OR %

OR

No, I don't want you to withhold federal income tax from my minimum distribution.

If you don't check one of the boxes above, we'll withhold federal taxes at the default rate of 10%.



F8689-1111-02

Some states require that state tax be withheld from distributions. If you live in one of these states, we included the form for your state based on your address on file. If you need an additional copy, visit us online at tiaa-cref.org for the form or call 800 842-2252.

6. DECIDE ON YOUR VOLUNTARY STATE TAX WITHHOLDING

If you aren't subject to mandatory state withholding, but would like to withhold state taxes from your distributions, please tell us the amount below.

Withhold the percent indicated below from my distributions for voluntary income tax withholding.

Withhold % State

More information about choosing a beneficiary can be found in the enclosed booklet "A Guide to TIAA-CREF's Minimum Distribution Option."

A beneficiary can be an individual, an institution, a trust, or your estate.

Beneficiaries can also be the children of the beneficiaries that you list on this form.

You can choose primary beneficiaries and contingent beneficiaries. Your primary beneficiaries receive benefits after your death. If no primary beneficiary is living, the benefits become payable to your contingent beneficiaries. If none of the beneficiaries are living at the time of your death, the benefits go to your estate.

7. CHOOSE YOUR BENEFICIARIES

The beneficiaries you name will receive any remaining account balance in your Minimum Distribution Option contract when you die.

Check this box and attach a separate page to list additional beneficiaries or to provide additional instructions. Include your name, TIAA-CREF contract numbers, and Social Security number on your signed and dated page.

PRIMARY BENEFICIARIES

1. Name Percentage (optional)

Social Security Number Relationship

Date of Birth (mm/dd/yyyy) / / Gender F M

2. Name Percentage (optional)

Social Security Number Relationship

Date of Birth (mm/dd/yyyy) / / Gender F M

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If you have more than one primary beneficiary, benefits will be divided equally among the living primary beneficiaries unless you specify the percentage. The percentages for all of the primary beneficiaries must total 100%. This all applies to contingent beneficiaries too.

If you do not provide a beneficiary, your account balance will go to your estate, which will limit the options for your beneficiaries.

7. CHOOSE YOUR BENEFICIARIES (CONTINUED)

CONTINGENT BENEFICIARIES

1. Name Percentage (optional)

Social Security Number Relationship

Date of Birth (mm/dd/yyyy) / / Gender F M

2. Name Percentage (optional)

Social Security Number Relationship

Date of Birth (mm/dd/yyyy) / / Gender F M

Helpful Hint: Direct deposit gives you the quickest access to your funds.

8. TELL US WHERE TO SEND YOUR MINIMUM DISTRIBUTIONS (CHOOSE ONE)

A. Direct Deposit to my bank account. (Also complete Section 8A)

OR

B. To another TIAA-CREF account. (Also complete Section 8B)

OR

C. Send a check to my mailing address on file.





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If you provide a voided check, TIAA-CREF will use your account number and bank routing number from the voided check as verification of your account information.

You must provide your personal account information ONLY. Direct Deposit is not permitted to a third-party account. Starter checks are not permitted.

If the address on file has been changed within 14 days prior to your withdrawal request, a Bank Letter is required; otherwise, please wait 14 days after the address change to submit the withdrawal request.

It may take your bank 24-72 hours to make your funds available.

8A. DIRECT DEPOSIT

Please choose only one of the three options below. **Original documents must be mailed.** If you have not chosen one of the three options below and cannot provide original documents, a check will be sent to your address of record.

- OPTION 1: Use my banking information already on file.**
- OPTION 2: Direct Deposit to my Checking Account.** Check here and complete information below. You must provide an original voided check and mail it to TIAA-CREF with the completed form.
- OPTION 3: Direct Deposit to my Savings Account.** Check here and complete information below. You must provide us with either an original voided check or a letter from your bank. If your savings account has check writing privileges, you may send us an original voided check. If your savings account does not have check writing privileges, you must send us an original letter from your bank. The letter must be on bank letterhead and include:
 - a. Name on your account
 - b. Address on your account
 - c. Bank/ABA routing number
 - d. Account number and account type (i.e. Money Market, Savings, etc.)
 - e. Bank Signature Guarantee, including bank stamp or seal, from authorized bank personnel

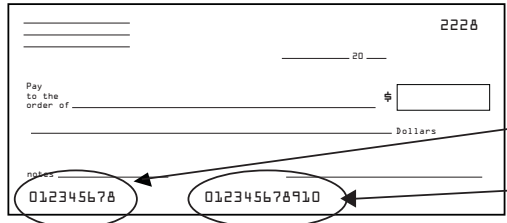
Bank Name

Address

City State Zip Code

Bank Contact Phone Number - - Extension

Bank Routing # Account #



See example to left to identify your bank routing number and account number.

This is the bank routing number.

This is the account number.





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Complete this section if you want your minimum distributions sent to another TIAA-CREF account. You can choose up to two accounts from the list. You must use whole numbers for the percentages.

* You cannot contribute to a Roth IRA unless you have earned income.

8B. SEND MINIMUM DISTRIBUTIONS TO ANOTHER TIAA-CREF ACCOUNT

	Account Number	Percentage
<input type="checkbox"/> TIAA-CREF Mutual Funds	<input type="text"/>	<input type="text"/> %
<input type="checkbox"/> TIAA-CREF Personal Annuity	<input type="text"/>	<input type="text"/> %
<input type="checkbox"/> TIAA-CREF After-Tax Annuity	<input type="text"/>	<input type="text"/> %
<input type="checkbox"/> TIAA-CREF Brokerage Services	<input type="text"/>	<input type="text"/> %
<input type="checkbox"/> TIAA-CREF Roth IRA (as a contribution)*	<input type="text"/>	<input type="text"/> %



Please read, sign and date where indicated. If you're married, you must sign and date this section before your spouse signs Section 10B.

You must sign and date this section in order to start minimum distributions.

9. SIGN YOUR FORM

By signing below, I agree to and understand the following:

- You authorize TIAA-CREF to make withdrawals from your TIAA-CREF account balances, as stated in this form;
- The date we start minimum distributions cannot be before TIAA-CREF receives all necessary papers;
- Once you use your entire existing contract for Minimum Distribution Option withdrawals, your existing contract will have no value;
- Only the withdrawal options available to you from your existing contract will be available to you later;
- We may issue separate TIAA and/or CREF Minimum Distribution Option annuities for account balances from retirement plans covered by different sections of the Internal Revenue Code. The beneficiaries you name will apply to all Minimum Distribution Option contracts we issue to you.
- If you requested that your withdrawals be directly deposited, you authorize that the bank charge your account and refund any overpayments to TIAA-CREF. You release your bank from any liability to TIAA-CREF for overpayment above the amount of the funds available at the time TIAA-CREF requests a refund.
- Once minimum distribution payments begin they cannot be stopped and will continue until the entire amount placed in the Minimum Distribution Option contract has been paid out, withdrawn, or converted to annuity income as per the terms of the Minimum Distribution Option contract.

Under penalties of perjury, you certify that:

1. The number shown on this form is my correct Social Security number/Taxpayer Identification number (or I am waiting for a number to be issued to me), and
2. I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding, and
3. I am a U.S. citizen or other U.S. person.

Your Signature

Today's Date (mm/dd/yyyy)

 / /




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NOTE: If you are not married and are separated from employment, you are able to self-certify. Self-certification means that you do not need a Plan Representative signature. You only need to include your signature on the completed form and return it to TIAA-CREF.

10. MARITAL STATUS

NOTE: If you are unmarried, ONLY complete Part A.
If you are married, your spouse will ONLY need to complete Part B.

Your spouse has the right to receive a survivor benefit of at least 50% of your account balance. Your spouse can give up, or waive, this right by consenting to this withdrawal.

PART A

I am not married AND no longer work for the employer that contributed to this plan.

Check here and complete information below.

Participant's Name (please print)

Participant's Signature

Today's Date (mm/dd/yyyy)

 / / 20

OR

I am not married and I am currently working for the employer that contributed to this plan.

Please sign below in presence of the Plan Representative.

I certify that I am not married.

Participant's Name (please print)

Participant's Signature

Today's Date (mm/dd/yyyy)

 / / 20

PLAN REPRESENTATIVE ATTESTATION

By signing, you are attesting that the participant is not married.

Plan Representative Signature

Today's Date (mm/dd/yyyy)

 / / 20

Plan Representative Name (please print)

Title

Name of Employer

Telephone Number

 — —

NOTE: If you're still working for the employer that contributed to this plan, the Plan Representative must attest that you're not married by completing this section.



Your spouse must sign in front of a Notary Public, or the contributing employer's Plan Representative, within 180 days before the effective date of your requested payment.

The spouse's name must be printed exactly as it appears.

FOR NOTARY IN MASSACHUSETTS ONLY
Indicate the type of identification:

Please contact your benefits office to complete the Plan Representative Certification instead of a Notary Public Certification.

10. MARITAL STATUS (CONTINUED)

PART B

You have the right to receive a survivor benefit of at least 50% (or more as provided by plan provisions) of your spouse's accumulation if your spouse dies before you. Your spouse is requesting a distribution and since this money will not be used to provide you with a survivor benefit, we require your consent. If you agree to the distribution, please read and have your signature witnessed by a Notary Public OR the contributing employer's Plan Representative.

Remember, spouse must sign and date this waiver on or after the participant has signed the distribution form.

By signing I agree that the amount to be distributed will not be available as a survivor benefit.

Spouse's Name (please print)

Spouse's Signature

Today's Date (mm/dd/yyyy)

 / / 20

NOTARY PUBLIC APPROVAL

State

County

Expiration Date (mm/dd/yyyy)

 / /

On the above date the subscriber known to me to be the person described in and who executed the foregoing instrument and he/she acknowledged to me that he/she executed the same.

Notary Public Name (please print)

Notary Public Signature

Today's Date (mm/dd/yyyy)

 / / 20

- Valid federal or state ID.
- Testimony of a credible witness.
- Personal knowledge of the subscriber.

In this space, the Notary Public must provide his/her notarial number and the date the appointment expires. Provide the notarial seal if outside New York state.

OR

PLAN REPRESENTATIVE CERTIFICATION

By signing, you are certifying you witnessed the spouse's signature.

Plan Representative Signature

Today's Date (mm/dd/yyyy)

 / / 20

Plan Representative Name (please print)

Title

Name of Employer

Telephone Number

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REQUESTING THE
MINIMUM DISTRIBUTION OPTION
FOR PRIVATE EMPLOYER PLANS

FRAUD WARNING

FOR YOUR PROTECTION, WE PROVIDE THIS NOTICE / WARNING REQUIRED BY MANY STATES

This notice/warning does not apply in New York.

Any person who, knowingly and with intent to defraud any insurance company or other person, files an application for insurance or a statement of claim for insurance benefits containing materially false information or conceals, for the purpose of misleading, information concerning any fact material thereto, commits a fraudulent insurance act, which is a crime and may be subject to criminal penalties, including confinement in prison, and civil penalties. Such action may entitle the insurance company to deny or void coverage or benefits.

Colorado residents, please note: Any insurance company or agent of an insurance company who knowingly provides false, incomplete, or misleading facts or information to a policyholder or claimant for the purpose of defrauding or attempting to defraud the policyholder or claimant with regard to a settlement or award payable from insurance proceeds shall be reported to the Colorado Division of Insurance within the Department of Regulatory Agencies.

Virginia and Washington, DC residents, please note: Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to fines and confinement in prison.



DID YOU KNOW? YOU HAVE ALTERNATIVES TO CASH WITHDRAWALS

How much annual annuity income could you receive as an alternative to a cash withdrawal?

Find the age when you may start receiving income and see the corresponding annual lifetime income for different amounts you could convert to an annuity.

If you want income for your lifetime only, use the Single-Life Annuity chart. For income for the lifetime of you and an annuity partner (usually a spouse) use the Two-Life Annuity charts.

These charts are purely hypothetical and do not illustrate past or projected performance of any TIAA annuity product. These charts use mortality tables that may change in the future, and assume life expectancy at age 65 of approximately 24 years.

ASSUMPTIONS

- Annual return of 4%
- You and your annuity partner are the same age
- Your annuity partner's income is reduced upon your death unless you select the Two-Life Annuity with 100% to annuity partner.

* Any guarantees under annuities issued by TIAA are subject to TIAA's claims-paying ability.

Before you complete your request, we want you to know that making a withdrawal may eliminate other income options in the future — options that could be more appropriate for you in retirement. The charts below show annual income examples from some of our lifetime annuity choices. On the following page you'll also find charts showing payments over a fixed period of time. The Life Annuity options offer income you can't outlive — an important consideration when planning for retirement.* Conversely, Fixed Period options pay out amounts over a period of years. However, these are only a few of the income options available to you.

Keep in mind that these illustrations are only examples and are not guaranteed. The amounts illustrated do not necessarily reflect what you're eligible to receive.

The purpose of these illustrations is to ensure that you understand the financial effect of withdrawing a portion or all of your balance. A withdrawal will limit what you'll have available for lifetime income or fixed period income in the future. Our brochure Lifetime Retirement Income — The Foundation to a Secure Future details the income choices available and will help you choose the right option for your needs. It is available on our website at: www.tiaa-cref.org/pubs/pdf/lifetime_retirement_income.pdf.

Please carefully review these illustrations before completing the appropriate withdrawal forms.

If you have questions or need any assistance, TIAA-CREF consultants are ready to help. Just call **800 842-2252** Monday to Friday from 8 a.m. to 10 p.m. or Saturday from 9 a.m. to 6 p.m. (ET). To contact TIAA-CREF by phone internationally, please log onto tiaa-cref.org and click on the "Contact Us" link at the top right hand corner of the page. Click on the AT&T international dialing guide where you can locate your international dialing code and dialing instructions. If you would like this illustration and the booklet Lifetime Retirement Income mailed to you at no charge, please call **800 842-2252**. **For additional income choices not illustrated, please see the last page.**

SINGLE-LIFE ANNUITY

You're guaranteed income for life. Income ends at your death unless you have a guaranteed payment period, in which case your estate or beneficiary will continue to receive income until the end of that period.

AMOUNT	ANNUAL INCOME YOU WOULD RECEIVE IF YOU BEGIN INCOME AT:						
	AGE 35	AGE 45	AGE 55	AGE 60	AGE 65	AGE 70	AGE 75
\$ 10,000	\$ 459	\$ 497	\$ 559	\$ 605	\$ 667	\$ 753	\$ 875
100,000	4,592	4,967	5,588	6,046	6,667	7,531	8,748
500,000	22,962	24,836	27,940	30,229	33,336	37,657	43,741

TWO-LIFE ANNUITY WITH 50% TO ANNUITY PARTNER

You're guaranteed income for life. If you die first, your annuity partner's income is reduced to 50% of the original amount. Your income isn't reduced if your annuity partner dies first.

AMOUNT	ANNUAL INCOME YOU WOULD RECEIVE IF YOU BEGIN INCOME AT:						
	AGE 35	AGE 45	AGE 55	AGE 60	AGE 65	AGE 70	AGE 75
\$ 10,000	\$ 448	\$ 479	\$ 530	\$ 567	\$ 618	\$ 689	\$ 787
100,000	4,477	4,786	5,297	5,675	6,185	6,888	7,874
500,000	22,383	23,930	26,485	28,374	30,923	34,442	39,370

DID YOU KNOW? YOU HAVE ALTERNATIVES TO CASH WITHDRAWALS

If the income is from a variable account, such as a CREF account, your income in the first year will be approximately the same as shown. Your income may go up or down in future years, depending on the income option and the investment you select.

NOTE: Different assumptions would yield other results. For example, having an annuity partner younger than you would mean a lower annual income; an annuity partner older than you would provide higher annual income. Also, if you choose to add a guaranteed period to the annuity, the annual income will be lower than the numbers illustrated. For the very young, the difference can be less than one dollar.

FIXED PERIOD ANNUITIES

A Fixed Period, often referred to as an Annuity Certain, pays money out at regular intervals over a period of years. At the end of the period, all payments **cease**. It does not guarantee lifetime income; rather it guarantees income only for a specific period of time.

TWO-LIFE ANNUITY WITH TWO-THIRDS TO SURVIVOR

You're guaranteed income for life. However, income is reduced to two-thirds of the amount after the death of **either** you or your annuity partner.

AMOUNT	ANNUAL INCOME YOU WOULD RECEIVE IF YOU BEGIN INCOME AT:						
	AGE 35	AGE 45	AGE 55	AGE 60	AGE 65	AGE 70	AGE 75
\$ 10,000	\$ 451	\$ 484	\$ 539	\$ 579	\$ 634	\$ 709	\$ 815
100,000	4,515	4,845	5,391	5,793	6,337	7,090	8,145
500,000	22,573	24,224	26,953	28,966	31,687	35,451	40,727

TWO-LIFE ANNUITY WITH 75% TO ANNUITY PARTNER

You're guaranteed income for life. If you die first, your annuity partner's income is reduced to 75% of the original amount. Your income isn't reduced if your annuity partner dies first.

AMOUNT	ANNUAL INCOME YOU WOULD RECEIVE IF YOU BEGIN INCOME AT:						
	AGE 35	AGE 45	AGE 55	AGE 60	AGE 65	AGE 70	AGE 75
\$ 10,000	\$ 442	\$ 470	\$ 516	\$ 551	\$ 597	\$ 661	\$ 750
100,000	4,421	4,700	5,163	5,506	5,969	6,606	7,499
500,000	22,104	23,501	25,813	27,529	29,843	33,032	37,497

TWO-LIFE ANNUITY WITH 100% TO ANNUITY PARTNER

You're guaranteed income for life. Income continues for the full amount following the death of either you or your annuity partner.

AMOUNT	ANNUAL INCOME YOU WOULD RECEIVE IF YOU BEGIN INCOME AT:						
	AGE 35	AGE 45	AGE 55	AGE 60	AGE 65	AGE 70	AGE 75
\$ 10,000	\$ 437	\$ 462	\$ 503	\$ 535	\$ 577	\$ 635	\$ 716
100,000	4,366	4,617	5,035	5,347	5,767	6,347	7,159
500,000	21,832	23,087	25,175	26,733	28,836	31,733	35,793

FIXED PERIOD ANNUITY (ASSUMING 4% RETURN)

Unlike the Life Annuity options above, Fixed Period Annuities make payments for a fixed number of years and then cease. The number of years for which payments are available is based on your account type and/or your contributing employer's plan rules. This chart assumes a 4% return.

AMOUNT	ANNUAL INCOME IF YOU RECEIVE PAYMENTS FOR THE FOLLOWING FIXED NUMBER OF YEARS		
	10 YEARS	20 YEARS	30 YEARS
	\$ 10,000	\$ 1,207	\$ 720
100,000	12,069	7,203	5,661
500,000	60,346	36,015	28,305

DID YOU KNOW? YOU HAVE ALTERNATIVES TO CASH WITHDRAWALS

ASSUMPTIONS

- Annual return of 4%
- Annual return of 6%

NOTE: Different assumptions would yield other results.

For information on all of your available withdrawal options, or for personalized income illustrations, please call us at **800 842-2252**.

FIXED PERIOD ANNUITY (ASSUMING 6% RETURN)

Payments are made for a fixed number of years and then cease. The number of years for which payments are available is based on your account type and/or your contributing employer's plan rules. This chart assumes a 6% return.

AMOUNT	ANNUAL INCOME IF YOU RECEIVE PAYMENTS FOR THE FOLLOWING FIXED NUMBER OF YEARS		
	10 YEARS	20 YEARS	30 YEARS
\$ 10,000	\$ 1,316	\$ 845	\$ 704
100,000	13,163	8,446	7,038
500,000	65,814	42,232	35,191

ADDITIONAL INCOME CHOICES

You also have the flexibility to receive income through the choices listed below. Depending on your needs and goals, these may help you build a flexible income stream.

INTEREST-ONLY INCOME

Interest-Only offers you the flexibility of receiving income without drawing down your TIAA Traditional balance in Retirement Annuity, Group Retirement Annuity and Retirement Choice contracts. Your income includes a guaranteed interest rate of 3% (for most contracts) plus any additional amounts declared above the guaranteed rate. As interest rates change, so does your income. It's an ideal way to supplement your income during a transition to full retirement or if you are working part time. Once you reach age 70½, we generally recommend that you switch to another income choice designed to meet the Internal Revenue Service's (IRS's) required minimum distributions.

MINIMUM DISTRIBUTION WITHDRAWALS

Generally available for participants who have reached age 70½, this option pays you only the amount needed to meet federal required minimum distributions. That way, your remaining balance can continue to grow tax deferred.

TRANSFER PAYOUT ANNUITY

The primary goal of the TIAA Traditional Annuity is to provide you with the highest level of interest while guaranteeing your principal balance. In order to uphold these benefits, withdrawals are limited to a portion of your balance each year. For income from your TIAA Traditional balance in a Retirement Annuity or Group Retirement Annuity, you can receive 10 annual withdrawals through the Transfer Payout Annuity. Group Retirement Annuities may also offer the choice of annual fixed-period withdrawals between 5 and 30 years. And Retirement Choice contracts offer a 7-year withdrawal option.

All guarantees are based on TIAA's claims-paying ability.

Investment products, 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.

Annuity contracts and certificates are issued by Teachers Insurance and Annuity Association (TIAA) and College Retirement Equities Fund (CREF), New York, NY.

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