



**REVIEWING YOUR
TIAA-CREF INCOME CHOICES**
A GUIDE TO YOUR PAYMENT OPTIONS



FINANCIAL SERVICES
FOR THE GREATER GOOD™

FLEXIBILITY & CHOICE

TIAA-CREF UNDERSTANDS YOUR FINANCIAL PRIORITIES can change over time, which is why we offer you a wide range of income choices to help meet those priorities. Our income options give you the flexibility and choices you need to create a payment arrangement that suits your particular situation.

If you don't need to use all of your retirement accumulation at once, you can begin receiving income on just the portion you need. And you can use our options in any combination you like. For example, if you select a lifetime annuity for a portion of your accumulation, you can still receive income at the same time from other portions of your accumulation using different options. Depending on your plan, you can receive payments for a temporary period with some non-lifetime options such as the Systematic Cash Withdrawal Option, Interest-Only Payments, or Minimum Distribution Payments, and you may be able to convert the remaining accumulations to lifetime annuity payments later. Whatever your situation, we may have an income option that helps meet your specifications.

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In this booklet you will find answers to questions about TIAA-CREF's income options and the features they have. If you need more information on any of the options described, we'll be glad to answer your questions and send you the required forms to start receiving payments.

YOUR EMPLOYER'S PLAN RULES

Your **Employer Pension Plan Accumulation** — (Retirement Annuity [RA], Group Retirement Annuity [GRA], Retirement Select, and Retirement Choice) consists of: employer contributions, any contributions to the plan you may have made, and the investment performance of those contributions. Your **Additional Retirement Accumulation** — (Supplemental Retirement Annuity [SRA], Group Supplemental Retirement Annuity [GSRA], Retirement Select Plus, Retirement Choice Plus, and IRA) includes your personal voluntary contributions made separately from the retirement plan and the investment performance of those contributions. As you're considering the different ways of receiving income, note that the availability of some of the options for Retirement Annuity, Group Retirement Annuity, Retirement Select and Retirement Choice accumulations (your employer's pension plan accumulation) may be limited by your institution's plan rules.*

*If you have a Retirement Annuity contract, the TIAA annuity contract does not allow lump-sum cash withdrawals from the TIAA Traditional Annuity. Withdrawals and transfers must be made in 10 annual installments.

If you have a Group Retirement Annuity contract, lump-sum withdrawals are available from the TIAA Traditional Annuity only within 120 days after termination of employment and are subject to a surrender charge. All other withdrawals and all transfers to the Real Estate Account or to CREF must be made in 10 annual installments. (Five years for withdrawals after termination of employment.)

The Retirement Choice and Retirement Select plans offer lump-sum withdrawals within 120 days after termination from employment and are subject to a surrender charge. All other withdrawals and transfers must be made over an 84-month period.

MAKING YOUR INCOME DECISIONS

When people make the transition from work to retirement they are faced with a major change in the way they receive their income — from earning a “regular” salary to receiving retirement income from one or more sources. For many people, a lifetime annuity may be the best form of payment for most, if not all, of their accumulations. It’s a safe, efficient way to pay yourself a lifetime “salary” during retirement. With a lifetime annuity, you don’t have to worry that you’ll live too long.

There are occasions when a lifetime annuity doesn’t meet your needs. You may need something else — or something in addition to your regular annuity income payments. That’s why the TIAA-CREF retirement system offers you a wide range of choices for receiving income. You can use them in combination, or use certain payment methods first and then convert to a lifetime annuity later. You can select from the payment options listed below.

TIAA-CREF’S RANGE OF OPTIONS INCLUDES:*

- Lifetime Annuities**
- Interest-Only Payments
- Systematic and Lump-Sum Cash Withdrawals
- Fixed-Period Annuities**
- Transfer Payout Annuity**
- Minimum Distribution Payments

* The availability of some income options depends on your employer’s plan rules and the type of annuity you own.

** Any guarantees under annuities issued by TIAA are subject to TIAA’s claims-paying ability. Payments under CREF and the TIAA Real Estate Account are variable and will rise or fall based on investment performance.

Which is the best choice for you? That varies from person to person and depends on many factors. In addition, your needs may change during retirement, particularly if your retirement years span several decades.

THE ANSWERS TO SOME BASIC QUESTIONS MAY HELP NARROW YOUR CHOICES. FOR EXAMPLE:

- What are your expenses?
- Do you have onetime, immediate expenses that will need to be covered?
- What other sources of income will you have in retirement?
- Are they variable or stable? How do you feel about risk?
- Will someone else be dependent on your income?
- How old are you? And your spouse?
- How is your health? The health of your spouse or annuity partner?

When evaluating your income choices, keep in mind that you don't have to select one income option and exclude all the others. You may find that your needs are best met by a combination of different payment options, types of annuities, or investment options. And with some, you can start by using one type of payment method or investment option and change your strategy later.

FREQUENTLY ASKED QUESTIONS

WHAT IF I DIE BEFORE RECEIVING ANY INCOME?

Your beneficiary(ies) will receive the total value of your TIAA-CREF accumulation. This can be paid in any combination of the following options: lump-sum payments, lifetime annuity payments and minimum distribution payments.

IS THERE A DIFFERENCE BETWEEN A BENEFICIARY AND AN ANNUITY PARTNER?

Yes. A beneficiary is the person, trust, institution, or estate you name to receive the death benefits from your retirement plan. For example, as noted above, if you die before beginning to receive income, your beneficiary(ies) will receive the total value of your accumulation. And if you choose a one- or two-life annuity option and add a guaranteed period, you'll name a beneficiary who will receive benefits if you (and your annuity partner under a two-life annuity) die within the guaranteed period.

An annuity partner is a term that applies to the two-life annuity option only. The annuity partner is the person you name to receive lifetime income for as long as he or she survives you.

DO I HAVE TO BEGIN RECEIVING INCOME ON ALL OF MY TIAA-CREF ACCUMULATION AT ONCE?

No. Since your income needs can vary greatly through the years, you can begin receiving income in stages. If you don't need income from your entire accumulation, it is usually better to begin receiving income from a portion, and defer the rest so it can continue to earn interest in TIAA Traditional and remain fully invested in the TIAA-CREF variable annuity accounts and other investments available in your plan on a tax-deferred basis. Please note that there are inherent risks in investing in securities and past performance is no guarantee of future results.

NOTE

Remember that you must generally begin receiving at least some income by April 1 following the year you reach age 70¹/₂ or retire, whichever is later. This is a federal tax law requirement.

RECEIVE PAYMENTS FOR YOUR LIFETIME... **LIFETIME ANNUITY INCOME**

WHAT IS A LIFETIME ANNUITY?

A lifetime annuity is a series of regular payments that continue for as long as you live. Lifetime annuities spread the payout of your accumulation over your lifetime, regardless of how long you live. Lifetime annuities are based upon the issuing company's claims-paying ability.

An individual, on his or her own, might try to ensure a lifetime income by keeping principal intact and just drawing down interest and earnings. But this may mean a lower standard of living. Another possibility is to draw down principal gradually along with the interest and earnings, trying to stretch it throughout retirement. But it is very hard to predict how long that period will be.

Lifetime annuities are an ideal choice for many people. They draw down the principal along with interest and earnings, but guarantee that payments will last your lifetime. They relieve you of the worry of spending too much or too little. They help make your budgeting easier; knowing you will receive a "salary" for life can help make retirement much more enjoyable and productive.

When you choose a TIAA-CREF lifetime annuity, you use your retirement accumulation to purchase our promise of lifetime income. To keep our promise, we group together the accumulations of thousands of people. In a large group, some people will live longer than others, but on average the group's life expectancy can be predicted fairly accurately. We calculate payments based on the combined funds, plus interest or earnings, providing the benefits we pay to each person without exceeding the resources of the entire group. Your choice of a lifetime annuity option is irrevocable.

Once you begin receiving income under any of the annuity options, you cannot change to another annuity option or to a cash option.

NOTE

Mutual fund accumulations cannot be converted into lifetime annuity income. However, you can transfer the mutual fund accumulation into a TIAA-CREF annuity account and then receive lifetime income.

WHAT IF I HAVE SOME IMMEDIATE CASH NEEDS BUT MY EMPLOYER'S PLAN DOESN'T PROVIDE FOR CASH WITHDRAWALS FROM MY ANNUITIES?

You may still be able to get a partial cash payment if you choose a lifetime annuity. With TIAA-CREF's Retirement Transition Benefit, you can receive up to 10% of the amount you are annuitizing in cash, along with your first periodic annuity payment. This benefit will proportionately reduce future payments. The availability of this benefit is subject to your employer's plan.

IF I CHOOSE A LIFETIME ANNUITY, CAN I STILL TRANSFER AMONG ACCOUNTS AFTER I BEGIN RECEIVING INCOME?

Yes. You can change the source of your variable annuity income by transferring among the variable annuity accounts or to TIAA Traditional. Transfers are currently available on any business day. In addition, if you start receiving income from TIAA Traditional under the Graded Payment Method, you can later change to the Standard Payment Method. You can also transfer lifetime annuity income from TIAA Traditional's Standard or Graded Method to the CREF equity accounts.

WHAT IF I DIE WHILE RECEIVING LIFETIME ANNUITY INCOME?

Your choice of annuity options will determine whether benefits continue to someone after your death. With a one-life option, you receive income as long as you live. If you choose a one-life option with a guaranteed period and you die during the guaranteed period (10, 15*, or 20 years), payments continue to your beneficiary(ies) for the rest of the guaranteed period.

With a two-life option, payments are made for as long as you or your annuity partner is alive. You can also add a guaranteed period of 10, 15* or 20 years. If both you and your annuity partner die within the guaranteed period, payments continue to your beneficiary(ies) for the rest of the period.

* The 15-year guaranteed period is not available from Retirement Choice and Retirement Choice Plus accumulations.



PRESERVE YOUR ACCUMULATION... MINIMUM DISTRIBUTION PAYMENTS

WHAT IF I WANT TO PRESERVE AS MUCH OF MY ACCUMULATION AS POSSIBLE FOR MY HEIRS OR FOR USE LATER IN RETIREMENT?

If you are interested in leaving a legacy for your beneficiary(ies), you can defer the start of your retirement income until April 1 of the calendar year following the year you reach age 70½ or retire, whichever is later, and then choose to receive minimum distribution payments.

This option is designed to help you meet the federal minimum distribution requirements without having to either request payments each year or start lifetime annuity income. We will calculate and pay you the minimum amount of income you are legally required to take from your retirement accumulation every year. The remaining accumulation will continue to earn interest in the TIAA Traditional Annuity or remain fully invested in the TIAA-CREF variable accounts, or mutual funds.

When deciding whether to choose a minimum distribution payment method, remember that while this may preserve retirement assets, there is a potential tax cost when these assets are passed on to your beneficiary(ies). Retirement assets can be subject to both estate and income taxes. (Neither TIAA-CREF nor its affiliates offer legal or tax advice. Please consult your advisors regarding your particular situation.)

IF I CHOOSE THIS OPTION, CAN I STILL TRANSFER AMONG ACCOUNTS AFTER I BEGIN RECEIVING INCOME?

Yes. You will have the same transfer opportunities as when you were accumulating these assets with TIAA-CREF.

WHAT IF I DIE WHILE RECEIVING INCOME UNDER THIS OPTION?

If you're receiving Minimum Distribution Payments, your beneficiary(ies) will receive the total remaining accumulation as a death benefit.

RECEIVE CASH PAYMENTS...

LUMP-SUM AND SYSTEMATIC CASH WITHDRAWALS

CAN I MAKE CASH WITHDRAWALS FROM MY RETIREMENT PLANS?

Depending on your employer's plan provisions, your Retirement Annuity, Group Retirement Annuity, Retirement Select, and Retirement Choice plans may offer lump-sum and systematic cash withdrawals. Withdrawals of earnings are subject to ordinary income tax and a 10% early withdrawal penalty may apply prior to age 59½. Your additional TIAA-CREF tax-deferred retirement plans (including amounts accumulated in TIAA-CREF Supplemental Retirement Annuity, Group Supplemental Retirement Annuity, Retirement Select Plus, and Retirement Choice Plus as well as IRAs), which are not subject to your employer's plan provisions, offer lump-sum and systematic cash withdrawals. However, there are Internal Revenue Code restrictions that apply to cash withdrawals from these plans for amounts accumulated after December 31, 1988 (excluding the IRA). According to current law, withdrawals are available only after you are age 59½, separate from service, die or become disabled. You also are able to withdraw funds if you encounter hardship as defined by the IRS. Hardship withdrawals consist only of contributions, not earnings.

The value of your accumulation as of December 31, 1988, is not subject to these restrictions and can be withdrawn anytime.

WHEN IS A LUMP-SUM CASH WITHDRAWAL APPROPRIATE?

You might consider taking a lump-sum cash withdrawal if you need to make a onetime large payment. For example, you might make a cash withdrawal to finish paying off a mortgage, to put a down payment on a new home, or to cover moving expenses.

NOTE

If you want a withdrawal from your cashable accumulations without setting up a series of payments, you can simply make a lump-sum cash withdrawal for the amount you want (minimum \$1,000).

HOW DOES THE SYSTEMATIC WITHDRAWAL OPTION WORK?

By choosing the Systematic Withdrawal Option, you can receive payments for any time period and for any amount (\$100 minimum payment per account) from your cashable accumulations. We will send you payments — semimonthly, monthly, quarterly, semiannually, or annually — or deposit them directly into your bank account. You can change, stop, or restart these payments anytime. And you can always convert your remaining accumulation to lifetime annuity payments, or combine systematic withdrawals with other payment options.

The Systematic Withdrawal Option does not guarantee lifetime income. Therefore, depending upon how much you receive under this option, you may substantially reduce or even exhaust your retirement accumulation.

IF I CHOOSE THE SYSTEMATIC WITHDRAWAL OPTION, CAN I STILL TRANSFER ACCUMULATIONS AFTER I BEGIN RECEIVING INCOME?

If you choose the Systematic Withdrawal Option, you will have the same transfer opportunities as when you were accumulating these assets with TIAA-CREF.

WHAT IF I DIE WHILE RECEIVING INCOME UNDER THE SYSTEMATIC WITHDRAWAL OPTION?

If you die while you're receiving income under the Systematic Withdrawal Option, any portion of your accumulation not paid to you will be payable as a death benefit to your beneficiary(ies).

RECEIVE CASH PAYMENTS FROM TIAA TRADITIONAL... **TRANSFER PAYOUT ANNUITY**

CAN I GET INCOME FROM MY TIAA TRADITIONAL ANNUITY ACCUMULATION UNDER MY EMPLOYER'S RETIREMENT PLAN WITHOUT RECEIVING A LIFETIME ANNUITY?

Yes. If your employer's plan permits, you can receive income from Retirement Annuity or Group Retirement Annuity TIAA Traditional Annuity accumulations in 10 annual installments through the Transfer Payout Annuity.* Retirement Select and Retirement Choice plans offer an 84-month systematic withdrawal option for the TIAA Traditional accumulation.

IF I CHOOSE THIS OPTION, CAN I STILL TRANSFER AMONG ACCOUNTS AFTER I BEGIN RECEIVING INCOME?

For any portion of your TIAA Traditional accumulation not used to provide income under the Transfer Payout Annuity or the 84-month systematic withdrawal option, and for any TIAA and CREF variable annuity accumulations, you will have the same transfer opportunities as when you were accumulating these assets with TIAA-CREF.

IF I CHOOSE THIS OPTION, CAN I CONVERT TO ANOTHER INCOME METHOD IN THE FUTURE?

Yes. You can convert your remaining accumulation to a lifetime annuity option in the future. For Retirement Annuity and Group Retirement Annuity contracts, you can also choose Interest-Only Payments, or Minimum Distribution Payments, at age 70^{1/2}.

WHAT IF I DIE WHILE RECEIVING INCOME UNDER THIS OPTION?

If you're receiving income using the Transfer Payout Annuity or the 84-month systematic withdrawal option, your beneficiary(ies) can choose to receive the income for the rest of the period or receive the value of the remaining payments in a lump sum.

*After termination from employment, Group Retirement Annuities may also offer a five- to 30-year fixed-period annuity.

RECEIVE INTEREST INCOME AND MAINTAIN PRINCIPAL... **INTEREST-ONLY PAYMENTS**

WHAT IF I NEED SOME REGULAR INCOME FROM MY TIAA TRADITIONAL ACCUMULATION, BUT I'M NOT READY TO MAKE A PERMANENT DECISION ABOUT A PAYMENT OPTION?

With Interest-Only Payments you receive only the interest that would otherwise be credited to your TIAA Traditional accumulating annuity as income. This is generally available to participants between the ages of 55 and 69½ for TIAA Traditional accumulations in the Retirement Annuity, Group Retirement Annuity, Retirement Select and Retirement Choice plans.

This option is paid from either all of, or a portion of, your TIAA Traditional accumulation (minimum \$10,000). The principal remains intact while you receive the interest payments. The payments include the contractually guaranteed interest plus the additional amounts declared above and beyond the guaranteed amount. If the rates change, so does your income under this option. Changes are effective every March 1.

After receiving income for at least one year, you can convert your accumulation and receive income under a lifetime annuity. Additionally, for Retirement Annuity and Group Retirement Annuity contracts, you can convert the accumulation to Minimum Distribution Payments, or a Transfer Payout Annuity (fixed-period) payment method.

Once you reach age 70½, you may want to consider converting the TIAA Interest-Only accumulation to an income option designed to meet the IRS-required minimum distribution rules. While interest-only payments might satisfy the initial distribution requirements at 70½, the interest-only payments will fall short of your minimum requirements at some point in the future. Therefore, if you elect to continue the option beyond 70½, we strongly recommend that you get a calculation of your IRS requirement each year to ensure that you are complying with the regulations. During the year that your interest-only payments no longer meet the Internal Revenue Code requirements for minimum distributions, we strongly recommend converting the accumulation to an income method that complies with the requirements.

NOTE

Rates for additional amounts payable on Interest-Only payment methods have been subject to greater fluctuation than those credited to lifetime annuities.

IF I CHOOSE THIS OPTION, CAN I STILL TRANSFER ACCUMULATIONS AMONG ACCOUNTS WHILE I'M RECEIVING INTEREST-ONLY PAYMENTS?

Yes. You will have the same transfer opportunities as when you were accumulating these assets with TIAA-CREF.

WHAT IF I DIE WHILE RECEIVING INTEREST-ONLY PAYMENTS?

If you die while you're receiving Interest-Only Payments, your beneficiary(ies) will receive the total remaining accumulation.

NOTE

Receiving interest income from part of your TIAA Traditional accumulation does not preclude you from also receiving annuity income from CREF, TIAA Real Estate, or another portion of your TIAA Traditional accumulation.



“TRADE-OFFS” OF DIFFERENT INCOME OPTIONS

As you evaluate the options, keep in mind that there are trade-offs you must consider. For example, while systematic cash withdrawals may provide maximum flexibility, they do not guarantee you income for life. On the other hand, a lifetime annuity guarantees you an income you cannot outlive, but with less flexibility. Ideally, you should choose the option or options that meet your income needs and offer the features most important to you.

WHAT OPTION IS RIGHT FOR YOU?

It is important to evaluate your financial situation and review your income and expenses, in order for you to choose the right income option.

Generally, if you expect to have more retirement income than what is necessary to meet your expenses, you will have greater flexibility in selecting income options. In this case, systematic withdrawals may be enough to meet your income needs while allowing you to maintain control of your accumulation to fund your estate or to convert to other options as your circumstances change.

On the other hand, if your income just barely covers your living expenses, it may be necessary to maintain a conservative approach. In this situation, lifetime annuity income might be appropriate so you don't run the risk of exhausting your accumulation prematurely. The lifetime annuity option ensures that you receive income for life and allows you the option of adjusting your income allocation as your tolerance for risk changes.

INCOME OPTIONS... **AT A GLANCE**

▶ **LIFETIME ANNUITY INCOME**

Lifetime annuity income is available from all TIAA-CREF accumulations. Note: Mutual fund accumulations cannot be converted into lifetime annuity income. However, you can transfer the mutual fund accumulation into a TIAA-CREF annuity account and then take a life annuity or receive income through a different withdrawal option.

▶ **MINIMUM DISTRIBUTION PAYMENTS**

Minimum distribution payments are available from all TIAA-CREF retirement accumulations upon reaching the age of 70½.

▶ **LUMP-SUM AND SYSTEMATIC WITHDRAWALS**

Lump-sum and systematic cash withdrawals are available from your Supplemental Retirement Annuity, Group Supplemental Retirement Annuity, Retirement Select Plus, Retirement Choice Plus, and IRA accumulations. Lump-sum and systematic withdrawals may also be available from TIAA Real Estate and CREF Retirement Annuity, Group Retirement Annuity, Retirement Select, and Retirement Choice accumulations, depending on your employer's plan.

▶ **TRANSFER PAYOUT ANNUITY**

The Transfer Payout Annuity (10 annual payments) is available from TIAA Traditional Retirement Annuity and Group Retirement Annuity accumulations. Retirement Select and Retirement Choice plans offer an 84-month systematic payment option.

▶ **INTEREST-ONLY PAYMENTS**

Interest-only payments are available from TIAA Traditional Annuity accumulations in Retirement Annuity, Group Retirement Annuity, Retirement Select, and Retirement Choice plans.



TAX ISSUES

IS ALL OF MY INCOME TAXABLE?

Since you have generally been able to defer paying taxes on the employer-paid contributions, your pretax contributions and any investment earnings, all of your retirement income will be fully taxable when you start withdrawing those funds. However, if you made contributions with after-tax dollars, the value of these contributions — called your Investment in the Contract — will be paid out to you tax free over the expected number of payments. In addition, income from a Roth IRA and some income from nondeductible contributions to a Traditional IRA may be paid out to you tax free.

HOW ARE LIFETIME ANNUITY, MINIMUM DISTRIBUTION PAYMENTS, AND TRANSFER PAYOUT ANNUITY PAYMENTS TAXED?

You will pay taxes on the value of your income derived from the employer-paid contributions, your pretax contributions, and any investment earnings when you receive them as income. If you made contributions on an after-tax basis, a portion of each payment will be tax free until the value of your after-tax contributions has been paid out to you.

Keep in mind that you may be able to roll over your Transfer Payout Annuity payments into an IRA. If you do roll them over, you can defer taxes until you receive income.

HOW ARE CASH PAYMENTS FROM MY ANNUITIES TAXED?

Cash withdrawals can have a number of tax consequences. For example, unless the withdrawal is eligible for a rollover and you move the money to another eligible retirement plan or an IRA, you'll owe income taxes on the entire amount you withdraw in the year you receive it. (Any after-tax contributions will be paid out to you tax free on a pro rata basis.) And if you receive cash withdrawals before age 59½, you may also be subject to the 10% early withdrawal penalty on any taxable amounts you receive. However, if you limit a cash withdrawal to only the amount you need, you can limit your tax liability. In many instances a required 20% tax withholding will be imposed against the payment.

HOW ARE CASH PAYMENTS FROM MY TIAA-CREF IRAS TAXED?

Withdrawals of earnings and deductible contributions from a Traditional IRA are taxable as ordinary income. Any nondeductible contributions made to a Traditional IRA are not subject to income tax upon withdrawal and are returned on a pro rata basis. With the Roth IRA, you've already paid taxes on the contributions, so you do not have to pay ordinary income tax on those contributions when you receive them back. You do not have to pay federal income tax on earnings withdrawn if the account has been in place for five years and you are at least 59½, die, become disabled, or if the money is used for a qualified first-time home purchase (up to \$10,000).

HOW ARE INTEREST-ONLY PAYMENTS TAXED?

Since this is a payment of current interest as it is earned, you will pay taxes on the interest-only payments when you receive them as income.

Keep in mind that you may be able to roll over your interest-only payments into another qualified retirement plan. If you do roll them over, you can defer taxes until you receive income.

ASIDE FROM ORDINARY INCOME TAXES, ARE THERE ANY OTHER TAXES I SHOULD BE AWARE OF?

Yes. Certain distributions may be subject to additional taxes, as described on the following page.

TIAA-CREF ANNUITIES

Withdrawals before you are age 59½ may be subject to an additional 10% early withdrawal penalty tax on top of ordinary income tax unless:

- you retire or leave your employer and begin lifetime annuity income;
- you terminate employment from the employer who is maintaining the plan, when you are age 55 or older;
- funds are used to cover medical expenses greater than 7.5% of your adjusted gross income;
- payments are made to another person under a Qualified Domestic Relations Order (for example, a divorce);
- you are totally and permanently disabled; or
- you die.

TIAA-CREF TRADITIONAL AND ROTH IRAS

Generally, withdrawals made prior to age 59½ are subject to a 10% early withdrawal penalty, unless one of the following conditions is met:

- funds are used for qualified higher education expenses for the IRA owner, or the owner's spouse, children, or grandchildren;
- funds are used for qualified first-time home purchases for the IRA owner, spouse, children, grandchildren, parents, or grandparents, up to a lifetime limit of \$10,000;
- funds are used to cover medical expenses greater than 7.5% of your adjusted gross income;
- funds are used to cover certain health insurance premiums if you receive unemployment compensation for 12 or more consecutive weeks;
- you start receiving periodic payments;
- you are totally and permanently disabled;
- you die; or
- you withdraw contributions from a Roth IRA.

TAX TIPS...

REMEMBER AGES 59^{1/2} AND 70^{1/2}

“EARLY” DISTRIBUTIONS FROM ANNUITIES

If you're younger than 59^{1/2} and you haven't terminated employment, federal law restricts withdrawals from the portion of your accumulation attributable to voluntary salary reduction contributions made after December 31, 1988. (Accumulations from before 1989 are not subject to restrictions.) Restrictions also apply to all earnings credited on your entire accumulation after that date and to all amounts in or transferred from a 403(b)7 custodial account, regardless of when contributions were originally made.

If you're older than 59^{1/2} or you've terminated employment, these legal restrictions don't apply to you. These restrictions also don't apply to you if: you die; you become disabled as defined under the Internal Revenue Code; or you encounter hardship as defined under the Internal Revenue Code and the income regulations. (Hardship distributions can consist of contributions only, not of earnings.) However, please note that your employer may not permit you to receive income from the plan while you are still employed.

“EARLY” DISTRIBUTIONS FROM IRAS

You can generally receive distributions from both the Traditional and Roth IRAs at any time. However, with the Traditional IRA, withdrawals made before age 59^{1/2} may be subject to a penalty and ordinary income taxes. Withdrawals of earnings from the Roth IRA may be subject to penalties and ordinary income taxes if you make the withdrawal before age 59^{1/2} and if the account has been open for less than five years. Withdrawals of contributions to a Roth IRA are not subject to penalties or ordinary income tax.

AGE 70^{1/2}

If you've reached age 70^{1/2} and are retired, you may not be able to wait much longer to receive some benefits from your TIAA-CREF annuities. Federal “minimum distribution” rules applicable to a retirement plan generally require you to receive a minimum amount by April 1 of the calendar year following the year you reach age 70^{1/2} or retire, whichever is later. To meet the requirements, you should begin lifetime annuity income or Minimum

Distribution Payments as of the applicable March 1, or receive a sufficient cash withdrawal before the applicable April 1. You then must continue receiving at least a minimum amount each year.

You must begin receiving income from a Traditional IRA by April 1 of the calendar year following the year in which you reach age 70^{1/2}, regardless of your employment status. Please note that you are not required to begin withdrawals from the Roth IRA at any specific age.

The tax information contained in this brochure is not intended to be used, and cannot be used by any taxpayer, for the purpose of avoiding tax penalties that may be imposed on the taxpayer. It was written to support the promotion of the products and services addressed herein. Taxpayers should seek advice based on their own particular circumstances from an independent tax advisor.

You should consider the investment objectives, risks, charges and expenses carefully before investing. This publication must be preceded or accompanied by a prospectus. Please call 877 518-9161 or go to www.tiaa-cref.org for additional copies that contain this and other information. Please read the prospectus carefully before investing.

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Retirement Annuity (RA) contract form series 1000.24; Group Retirement Annuity (GRA) contract form series G-1000.4 and G-1000.5; Supplemental Retirement Annuity (SRA) contract form series 1200.8; Group Supplemental Retirement Annuity (GSRA) contract form series G1250.1; IRA annuity contract form series 1280.2; Roth IRA annuity contract form series 1280.3; Retirement Choice Annuity Contract Series IGRS-01-84, IGRS-01-60, and IGRS-01-5, Certificate Series IGRS-CERT1-84, IGRS-CERT1-60, and IGRS-CERT1-5; Retirement Select Annuity contract series GRS-MC, Certificate Series GRS-02. Not all products are available in all states.

POINTS OF CONTACT

▶ **TELEPHONE COUNSELING CENTER**
800 842-2776

For questions on investment choices, income options, benefits, retirement illustrations, contributions, payments, and taxation. Representatives are available Monday to Friday from 8 a.m. to 10 p.m. and Saturday from 9 a.m. to 6 p.m. (ET).

▶ **AUTOMATED TELEPHONE SERVICE**
800 842-2252

For allocation of future contributions, transferring accumulations among the TIAA-CREF variable accounts and to TIAA Traditional, net asset values for TIAA-CREF Mutual Funds, performance information, accumulation unit values, the current value of your accumulation, requesting booklets and certain forms. You can also find out the status of your lump-sum and systematic withdrawal or transfer requests for accumulating annuities. Available 24 hours a day, seven days a week.

▶ **TTY DIRECT LINE**
800 842-2755

Designated line for hearing- and speech-impaired participants using text telephones. Representatives are available Monday to Friday from 8 a.m. to 10 p.m. and Saturday from 9 a.m. to 6 p.m. (ET).

▶ **PLANNING AND SERVICE CENTER**
800 223-1200

For questions about TIAA-CREF Mutual Funds, individual life insurance, and after-tax annuities. Representatives are available weekdays from 8 a.m. to 10 p.m. (ET).

▶ **TIAA-CREF WEBSITE**
WWW.TIAA-CREF.ORG

To obtain basic company information online, including your account profile, daily accumulation unit values for the TIAA-CREF variable accounts and current interest rates for TIAA Traditional, net asset values for TIAA-CREF Mutual Funds, account profiles and investment performance, strategies and interactive tools for building your retirement plan portfolio and information on income options, publication excerpts, and answers to frequently asked questions.

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