



Summer 2023 Newsletter

Protected Lifetime Income and More – Discover TIAA Traditional



Guaranteed income to last a lifetime is just one of the benefits of TIAA Traditional¹. It also offers opportunities for additional income, flexible payment options and a solid track record even in the most volatile markets.

What is lifetime income and what could it mean to you?

- 1) Lifetime income allows you to create another source of guaranteed pay, similar to Social Security or a pension*.
- 2) Your payouts are guaranteed, no matter what the market is doing*.
- 3) Spreading your retirement dollars among more than one asset class or diversifying, is a smart way to protect your money⁺.

Dig Deeper

Learn more about lifetime income by watching this [Paycheck for Life presentation](#) with Benny Goodman, Vice President of TIAA's Annuity Center of Excellence. Then schedule an appointment with a financial consultant to determine if TIAA Traditional is the right choice for you. Appointments are available by visiting [TIAA.org/schedulenow](https://www.tiaa.org/schedulenow).

¹TIAA Traditional is a fixed annuity product issued through these contracts by Teachers Insurance and Annuity Association of America (TIAA), 730 Third Avenue, New York, NY, 10017: Form series including but not limited to: 1000.24; G-1000.4; IGRS-01-84-ACC; IGRSP-01-84-ACC; 6008.8. Not all contracts are available in all states or currently issued.

*Any guarantees are backed by the claims-paying ability of the issuing company.

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

Converting some or all of your savings to income benefits is an irrevocable decision once benefit payments begin. Any guarantees under annuities issued by TIAA are subject to TIAA's claims-paying ability. The TIAA General Account is an insurance company account and is not available to investors as an investment. All guarantees are subject to TIAA's claims-paying ability. Paycheck is the annuity income received in retirement. Guarantees of fixed monthly payments are only associated with TIAA's fixed annuities.

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Fidelity's Target Date Strategies Help Take the Guesswork Out of Investing

Not sure how to invest for retirement? Fidelity's target date strategies can help make it simple. They address key investing principles for you—so you don't need to be an expert to invest for your future.

Fidelity's target date strategies provide the potential benefits of:



Simplicity

Fidelity's target date strategies are named for the year in or near which the investor plans to retire at or around age 65—for example, the 2040 strategy is designed for someone who plans to retire in or around 2040.



Diversification

Each strategy invests in a different proportion of stocks, bonds, and short-term investments across multiple asset classes and investment styles.



Ongoing Management

A team of Fidelity professionals makes ongoing decisions and adjustments to each strategy's mix of investments, so you don't have to wonder when to reallocate or rebalance.



A Lifetime Investment Strategy

Because Fidelity's target date strategies become increasingly conservative as they approach their target date and beyond, you can stay with the same strategy throughout your working career and long into retirement.

Choosing a Fidelity target date strategy

To help decide if a Fidelity target date strategy may be right for you, find the year in which you expect to retire (target retirement is assumed to be at or around age 65–67) in the table below. We've shown four hypothetical examples to illustrate the strategy choices some investors might make.

Roger retired in 2009					Cynthia expects to retire in 2030					Steve expects to retire in 2051			Gina expects to retire in 2065	
YEARS OF RETIREMENT														
Before 2003	2003–2007	2008–2012	2013–2017	2018–2022	2023–2027	2028–2032	2033–2037	2038–2042	2043–2047	2048–2052	2053–2057	2058–2062	2063–2067	
FIDELITY TARGET DATE STRATEGY														
Income Strategy	2005	2010	2015	2020	2025	2030	2035	2040	2045	2050	2055	2060	2065	

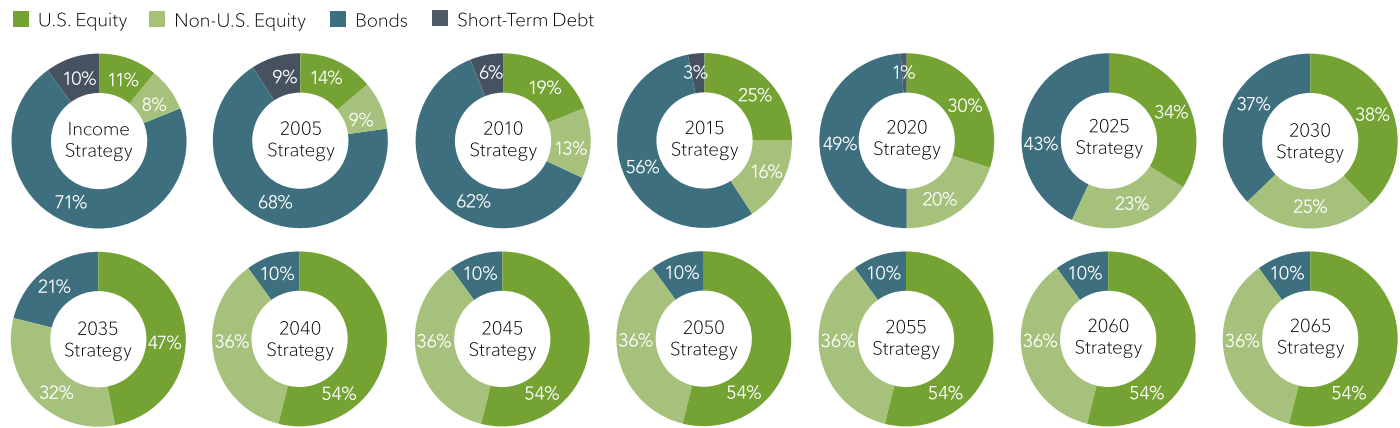
If you were born between 1935 and 1938, please defer to the age table selected by your plan sponsor in your plan description.

Understanding how the Fidelity target date strategies work

Each Fidelity target date strategy allocates its mix of investments—stocks, bonds, and short-term investments—to become more conservative as the strategy approaches the target date and beyond. Generally, the longer the time horizon to retirement, the greater the allocation to equities (stocks). Strategies with a target date further on the horizon—such as a Fidelity target date 2050 strategy—are focused on growth and invest in higher amounts of equity investments because of the potential for higher investment returns with greater volatility.

On the other hand, strategies with a shorter time frame to retirement are more conservative, with the goal of helping to preserve income as an investor approaches and moves into retirement. For example, a Fidelity target date 2020 strategy invests in higher amounts of short-term and bond investments than a Fidelity target date 2040 strategy.

How each Fidelity target date strategy allocates its mix of investments



Target asset allocations may appear equal due to rounding. Allocation percentages may not add up to 100% due to rounding and/or cash balances. Except for the target date index portfolios, the portfolio manager may use an active asset allocation strategy to increase or decrease neutral asset class exposures by up to 10 percentage points for equity, bond, and short-term portfolios to reflect the portfolio manager’s market outlook, which is primarily focused on the intermediate term. The asset allocations are referred to as “neutral” because they do not reflect any decisions made by the adviser to overweight or underweight an asset class. The target asset allocations above represent a revised asset allocation strategy, with the transition expected to be completed by Q3 2022. Illustrative strategic asset allocation as of 8/1/2021.



Not FDIC Insured • May Lose Value • No Bank Guarantee

Not NCUA or NCUSIF insured. May lose value. No credit union guarantee.

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Past performance is no guarantee of future results. Neither asset allocation nor diversification ensures a profit or guarantees against a loss.

Investment performance of the Fidelity target date products and asset allocation strategies depends on the performance of the underlying investment options and on the proportion of the assets invested in each underlying investment option. The performance of the underlying investment options depends, in turn, on their investments.

The investment risk of each Target Date strategy changes over time as its asset allocation changes. These risks are subject to the asset allocation decisions of the portfolio manager. Except for the target date index portfolios, pursuant to the portfolio manager’s ability to use an active asset allocation strategy, investors may be subject to a different risk profile compared to the portfolio’s neutral asset allocation strategy shown in its glide path. The portfolios are subject to the volatility of the financial markets, including that of equity and fixed income investments in the U.S. and abroad, and may be subject to risks associated with investing in high-yield, small cap, commodity-linked, and foreign securities. Fixed income investments entail issuer default and credit risk, inflation risk, and interest rate risk (as interest rates rise, bond prices usually fall, and vice versa). This effect is usually more pronounced for longer-term securities. Leverage can increase market exposure, magnify investment risks, and cause losses to be realized more quickly. No target date strategy is considered a complete retirement program and there is no guarantee any single offering will provide sufficient retirement income at or through retirement. Principal invested is not guaranteed at any time, including at or after the portfolios’ target dates.

FIAM Target Date Commingled Pools (“the Pools”) are commingled pools of the FIAM Group Trust for Employee Benefit Plans, and are managed by Fidelity Institutional Asset Management Trust Company (“FIAM TC”), a trust company organized under the laws of the state of New Hampshire. The FIAM Target Date Commingled Pools are not mutual funds.

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Before investing in any mutual fund, consider the investment objectives, risks, charges, and expenses. Contact Fidelity for a prospectus or, if available, a summary prospectus containing this information. Read it carefully.

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Online Security Tips from the Department of Labor

We've all been watching the news. Perhaps some of us have even received notices. Data breaches, instances of hacking, and more are on the rise. Play it smart to reduce your risk of fraud by reviewing and following these online security tips provided by the U.S. Department of Labor.



ONLINE SECURITY TIPS

You can reduce the risk of fraud and loss to your retirement account by following these basic rules:

• REGISTER, SET UP AND ROUTINELY MONITOR YOUR ONLINE ACCOUNT

- Maintaining online access to your retirement account allows you to protect and manage your investment.
- Regularly checking your retirement account reduces the risk of fraudulent account access.
- Failing to register for an online account may enable cybercriminals to assume your online identity.

• USE STRONG AND UNIQUE PASSWORDS

- Don't use dictionary words.
- Use letters (both upper and lower case), numbers, and special characters.
- Don't use letters and numbers in sequence (no "abc", "567", etc.).
- Use 14 or more characters.
- Don't write passwords down.
- Consider using a secure password manager to help create and track passwords.
- Change passwords every 120 days, or if there's a security breach.
- Don't share, reuse, or repeat passwords.

• USE MULTI-FACTOR AUTHENTICATION

- Multi-Factor Authentication (also called two-factor authentication) requires a second credential to verify your identity (for example, entering a code sent in real-time by text message or email).

• KEEP PERSONAL CONTACT INFORMATION CURRENT

- Update your contact information when it changes, so you can be reached if there's a problem.
- Select multiple communication options.

• CLOSE OR DELETE UNUSED ACCOUNTS

- The smaller your on-line presence, the more secure your information. Close unused accounts to minimize your vulnerability.
- Sign up for account activity notifications.

• BE WARY OF FREE WI-FI

- Free Wi-Fi networks, such as the public Wi-Fi available at airports, hotels, or coffee shops pose security risks that may give criminals access to your personal information.
- A better option is to use your cellphone or home network.

• BEWARE OF PHISHING ATTACKS

- Phishing attacks aim to trick you into sharing your passwords, account numbers, and sensitive information, and gain access to your accounts. A phishing message may look like it comes from a trusted organization, to lure you to click on a dangerous link or pass along confidential information.

- Common warning signs of phishing attacks include:
 - » A text message or email that you didn't expect or that comes from a person or service you don't know or use.
 - » Spelling errors or poor grammar.
 - » Mismatched links (a seemingly legitimate link sends you to an unexpected address). Often, but not always, you can spot this by hovering your mouse over the link without clicking on it, so that your browser displays the actual destination.
 - » Shortened or odd links or addresses.
 - » An email request for your account number or personal information (legitimate providers should never send you emails or texts asking for your password, account number, personal information, or answers to security questions).
 - » Offers or messages that seem too good to be true, express great urgency, or are aggressive and scary.
 - » Strange or mismatched sender addresses.
 - » Anything else that makes you feel uneasy.

• USE ANTIVIRUS SOFTWARE AND KEEP APPS AND SOFTWARE CURRENT

- Make sure that you have trustworthy antivirus software installed and updated to protect your computers and mobile devices from viruses and malware. Keep all your software up to date with the latest patches and upgrades. Many vendors offer automatic updates.

• KNOW HOW TO REPORT IDENTITY THEFT AND CYBERSECURITY INCIDENTS

- The FBI and the Department of Homeland Security have set up valuable sites for reporting cybersecurity incidents:
 - » <https://www.fbi.gov/file-repository/cyber-incident-reporting-united-message-final.pdf/view>
 - » <https://www.cisa.gov/reporting-cyber-incidents>



Monthly TIAA Live Webinars

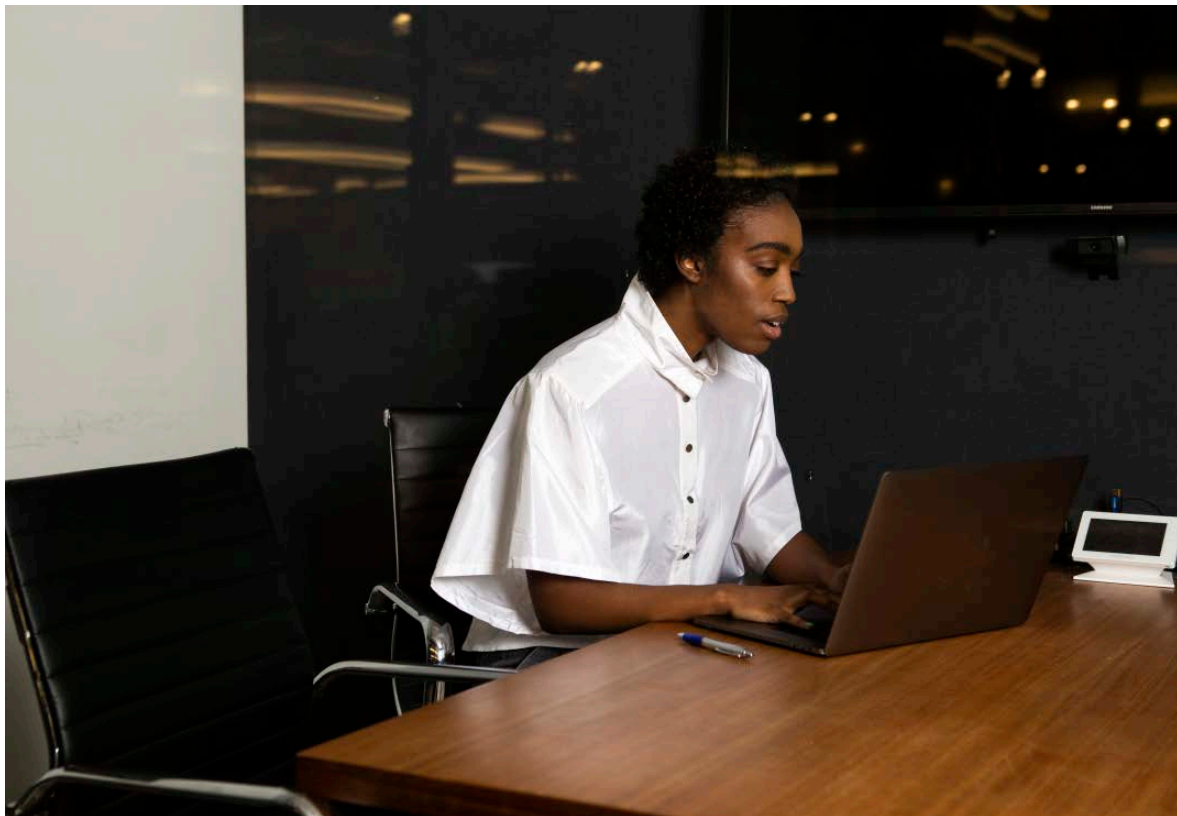


TIAA hosts monthly webinars through its interactive Live Webinar Lounge at www.tiaa.org/webinars. This innovative resource offers users 24/7 access to a wide range of live and on-demand webinars, tools, calculators, and articles on a variety of financial topics.

Live webinars to help you boost your financial know-how

The live events will give you real world financial tips, tactics, and techniques to help start, build, and maintain retirement savings. Space at these webinars is on a first-come, first-served basis. Reserve your place at any of the webinars by visiting www.tiaa.org/webinars.

TIAA will offer new webinars throughout the year including topics like navigating women's unique financial challenges, how to manage income in retirement, etc., so visit the live webinar lounge today to sign up.





Regístrese ya para los seminarios web de TIAA



hacia sus objetivos financieros con los seminarios web de TIAA.

**REGISTRESE
AHORA MISMO**

Visite **TIAA.org/RecursosEducativos** para ver grabaciones bajo demanda.

Los secretos del dinero: Cómo gestionar los ingresos y las deudas

Es su presupuesto: tome el control. Todos hablan sobre hacer un presupuesto, pero ¿cuántos realmente hacemos uno? La mayoría de las personas tienen algo de deuda, pero ¿cuántas entienden sus efectos sobre sus vidas y su futuro? Permítanos mostrarle los efectos reales de los presupuestos y la deuda, y cómo ayudarle a que su dinero trabaje.

Le explicaremos el panorama general de los presupuestos:

- Aprenda la importancia del flujo de efectivo, y cómo utilizarlo
- Cambie la manera en que visualiza los ahorros y gastos
- Entienda la deuda y cómo administrarla

Dinero en funcionamiento 1: Las bases de la inversión

¿Cuál es la fórmula para invertir con éxito? Usted más conocimiento. No importa su edad en dónde se encuentre en su carrera o cuánto dinero gane. Para alcanzar sus metas para la jubilación necesita lo mismo: gastar menos y ahorrar más. De verdad es así de sencillo.

Le daremos información que le ayudará a determinar cuáles son los mejores instrumentos de inversión para usted:

- Descubra las acciones, anualidades, fondos mutuos y cuentas IRA que tiene disponibles, para que decida cuáles se adaptan mejor a sus necesidades
- Aprenda sobre el riesgo y cómo determinar su tolerancia al riesgo
- Vea cómo los mismos principios sirven para las metas a corto y largo plazo.

Pagarse a uno mismo: Opciones de ingresos en la jubilación

Es el momento de pensar en recuperar un poco. Ha hecho muchos sacrificios para ahorrar suficiente dinero para jubilarse. Cuando llegue el momento, ¿sabe cómo obtener acceso a ese dinero? Hay muchos factores, reglas e implicaciones tributarias que hacen que estas decisiones sean muy importantes y más complejas. Relájese. Podemos ayudarle.

Le ayudaremos a simplificar sus ingresos para la jubilación:

- Aprenda las reglas básicas que rigen las cuentas de jubilación más comunes
- Adquiera perspectiva de cuándo utilizar diferentes activos
- Descubra las opciones de ingresos flexibles que ofrece TIAASiga

Cualquier garantía relativa a las anualidades emitidas por TIAA está sujeta a la capacidad de pago de reclamaciones de TIAA.

Este material tiene fines informativos o educativos únicamente y no supone un asesoramiento sobre inversiones fiduciarias en virtud de la Ley de Seguridad de los Ingresos de Jubilación de los Empleados (Employee Retirement Income Security Act, ERISA), una recomendación de valores en virtud de todas las leyes de valores ni una recomendación de productos de seguros en virtud de las leyes o regulaciones estatales de seguros. Asimismo, no toma en consideración circunstancias ni objetivos específicos de ningún inversionista en particular ni sugiere ningún plan de acción específico. Las decisiones de inversión deben tomarse según las circunstancias y los objetivos del propio inversionista.

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Antes de invertir, debe considerar las metas, los riesgos, los costos y los gastos de la inversión con detenimiento. Llame al 877-518-9161 o visite TIAA.org/prospectuses para obtener los prospectos actuales de los productos y los fondos, que contienen esta y otra información. Lea los prospectos con detenimiento antes de invertir.

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Questions about retirement? A.J. has answers.



Andrew "A.J." Martinez
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AJ is a financial consultant focused on helping participants plan for their financial well-being and retirement readiness. He meets with employees one-on-one and provides personalized counseling, education and advice.

He began his financial services career in 2000 and has been with TIAA since 2011. He is located in the local Portland TIAA office.

AJ holds a Bachelor of Science in Finance from the University of Utah and a Master's degree in Finance from the University of Colorado. He holds FINRA Series 7, 63, and 65 registrations while maintaining Life, Health and Variable Annuity licenses from the states of OR, WA, UT, AK, AZ, MT, CO, and CA. Additionally, AJ has obtained the CFP® (Certified Financial Planner) designation.

Advice and education tailored to your needs

Making decisions about your money can feel complicated. TIAA's experienced financial consultants, like A.J., are here to help you plan for your future. As part of your retirement plan, one-on-one personal advice and education* about your retirement plan assets is available at no additional cost. During your meeting, you can discuss questions like:

- 1 Am I saving enough?
- 2 Am I invested appropriately?
- 3 Am I on track to meet my retirement goals?

Knowledge is power

From your first job through retirement and everywhere in between, we can explain your options to help you get the most from your retirement plan. Financial consultants take the time to ask questions and can help you:

- Understand your financial needs
- Evaluate your financial goals and objectives
- By sharing information on managing income and expenses
- Review outside assets and Social Security projections
- Track your progress and adjust your plan if your needs change

For your one-on-one personal advice and education session with TIAA

To identify areas where we can assist you, please bring the following documents:

- Investment, retirement plan, bank, savings and other financial statements
- Current expenses and anticipated expenses after retirement
- Listing of current liabilities
- Social Security estimate
- Pay stub (to view deductions and contributions to benefit plans)
- Estimates of all insurance coverages, current beneficiaries on all accounts and any powers of attorney

Schedule an appointment today

To connect with a TIAA financial consultant, sign up online at [TIAA.org/schedulenow](https://tiaa.org/schedulenow) or call **800-732-8353**, weekdays, 6 a.m. to 6 p.m. (PT).



Are you making the most of your Retirement Benefits?

Oregon Public Universities are providing resources that can help you be better prepared for retirement. You can schedule a meeting with Ronald Elia or Justin Blatny, Fidelity's Workplace Financial Consultants dedicated to the OPURP — at no charge to you.

Ronald and Justin can help you:

- **Review** your overall **retirement savings portfolio**
- **Evaluate** your **investment choices** and **asset allocation**
- Discuss strategies to **help protect your assets and future income**
- Help identify and direct you to the appropriate resources for **college planning** and other life events
- Provide access to a broader spectrum of resources, including **estate planning education, charitable giving, and more**

Schedule Your Complimentary One-on-One Appointment



Online
[www.fidelity.com/
schedule](http://www.fidelity.com/schedule)



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800-642-7131



Text
TALK to 343898



Scan

Meet your Workplace Financial Consultants



Ronald Elia



Justin Blatny

Attend an Ask Fidelity Q&A Session

Join Fidelity for a brief virtual presentation to get answers to your financial questions and hear what your colleagues are asking too. Sessions are held weekly, visit www.fidelity.com/schedule to register.



Investing involves risk, including risk of loss.

Message and data rates may apply. Get details at <https://digital.fidelityinvestments.com/smsee>.
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