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## Contact us

**National Contact Center** ..... **800-842-2252**  
for account access and current performance: 24 hours a day, 7 days a week

**Insurance and after-tax annuities** ..... **877-825-0411**  
for questions about individual life insurance or after-tax annuities, including  
automated telephone service options: weekdays, 8 a.m. to 10 p.m. (ET)

**Education savings** ..... **888-381-8283**  
for questions on how to save for college: weekdays, 8 a.m. to 8 p.m. (ET)

**TIAA Direct®** ..... **855-842-2372**  
for all your banking and lending needs: weekdays, 8 a.m. to 8 p.m. and  
weekends, 9 a.m. to 6 p.m. (ET)

**Schedule a one-on-one consultation** ..... **800-732-8353**  
to discuss your unique financial situation with a TIAA consultant: weekdays,  
8 a.m. to 8 p.m. (ET)

## Visit us online at [TIAA.org](http://TIAA.org).

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