

You can meet with a financial consultant at Appalachian State University

No matter where you are in life—just getting started or planning for retirement—a session with Kellen Lipscomb can help you create a plan for your goals. And it's at no cost as a part of your retirement plan. You'll get answers to these questions and more:

- Am I invested in the right mix of investments to help meet my goals?
- Am I saving enough to create the retirement income I need?
- How do I take income from my retirement account once I stop working?

TIAA will be available on these dates and times for one-on-one sessions.

Date	Time	Location
Thursday, March 28	9 a.m 5 p.m.	Office of Human Resources - 330 University Hall Drive
April 2, 3, 4	9 a.m 5 p.m.	Office of Human Resources - 330 University Hall Drive
April 16, 17, 18	9 a.m 5 p.m.	Office of Human Resources - 330 University Hall Drive
April 23, 24, 25	9 a.m 5 p.m.	Office of Human Resources - 330 University Hall Drive
May 7, 8, 9	9 a.m 5 p.m.	Office of Human Resources - 330 University Hall Drive
Wednesday, May 15	9 a.m 5 p.m.	Belk Library, Broyhill Conference Room 421
Thursday, May 16	9 a.m 2 p.m.	Belk Library, Broyhill Conference Room 421
Thursday, May 16	3 p.m 5 p.m.	Office of Human Resources - 330 University Hall Drive
May 28, 29, 30	9 a.m 5 p.m.	Office of Human Resources - 330 University Hall Drive
June 4, 5, 6	9 a.m 5 p.m.	Office of Human Resources - 330 University Hall Drive
June 11, 12, 13	9 a.m 5 p.m.	Office of Human Resources - 330 University Hall Drive
Tuesday, June 25	9 a.m 5 p.m.	Office of Human Resources - 330 University Hall Drive
Wednesday, June 26	9 a.m 10 am & 11:30 - 5 p.m.	Belk Library, Broyhill Conference Room 421
Thursday, June 27	9 a.m 5 p.m.	Belk Library, Broyhill Conference Room 421

RSVP today, as space is limited. Register for sessions at www.tiaa.org/schedulenow or by call- ing 800-732-8353, weekdays, 8 a.m. to 8 p.m. (ET).. We look forward to working with you.

*Based on independent third-party advice methodology.

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.

Investment, insurance, and annuity products are not FDIC insured, are not bank guaranteed, are not bank deposits, are not insured by any federal government agency, are not a condition to any banking service or activity, and may lose value.

The TIAA group of companies does not offer tax advice. See your tax advisor regarding your particular situation.

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. Each is solely responsible for its own financial condition and contractual obligations.

©2022 Teachers Insurance and Annuity Association of America-College Retirement Equities Fund, 730 Third Avenue, New York, NY 10017