

Change of Beneficiary Instructions



How to change your beneficiaries on your TIAA-CREF Contracts:

- Go to: www.tiaa-cref.org/astate
- Click on: “Log In” or “Register for Access” if this is your first time.
- Once logged in, click on the “Manage My Portfolio” tab at the top.
- Then click “Beneficiaries” in the right hand column.
- Select “Update Beneficiaries” button and “Add Beneficiary”. Add names until all completed and follow instructions to complete detailed information.
- You can apply correct designation to all accounts listed by one additional click.

Other Ways to Reach TIAA-CREF:

Call 800-842-2252 To speak with a consultant for assistance with your Profile Updates or creating your Secure Log-In. Monday thru Friday 7AM to 9PM and Saturday 8AM to 5PM