Follow the steps below to log in to your TIAA accounts through Single Sign-On by using your existing USFWorks login.

1. **From the USFWorks homepage, click **Benefits**

![Benefits](image)

2. **Under External Links, click TIAA Salary Deferral Agreement**

![External Links](image)

You will be automatically directed to your TIAA account.
To access the TIAA online salary deferral agreement follow these steps:

Click *Actions*, then under *All Actions or Retirement Plans*, click *Manage contributions*

Click *Contribute to Your Retirement Plan*
Click *Manage My Contributions*

At this point, you have reached the online salary deferral agreement in which you can modify your 403(b) contribution election.

In addition to changing your 403(b) contribution election, you can also do the following:

- View your retirement plan balances
- Choose your investments
- Update your beneficiaries
- Access financial planning resources
A dedicated TIAA website

You can also access your account via the TIAA/USF dedicated website at tiaa.org/usfca. From this page, you can easily research the Plans’ investment options and review important plan details. You may also log in to your account (using a log in that you create), and perform the same actions as above.

Retirement Plan Investment Advice

As a participant in the Plans, you have access to personalized advice on the Plans’ investment options from a TIAA financial consultant. Whether you are just starting out or close to retirement, you can meet by phone or virtually to discuss your specific financial goals and how to plan for them. This service is available as part of your retirement program at no additional cost to you.

Sam Silberstein is USF’s dedicated TIAA financial consultant. You may read about what you can expect in an advice session by clicking here. Schedule an investment advice session online by visiting tiaa.org/schedulenow or by calling 800-732-8353, weekdays, 5 a.m. to 5 p.m. (PT).

If you would like additional information about USF’s retirement benefit, please review our Retirement and Financial Planning page. You may also contact TIAA at 800-842-2252, weekdays, 5 a.m. to 7 p.m. (PT).