



RETIREMENT FLUENCY

Knowledge that promotes financial well-being in retirement.

What you need to know: retirement fluency

Are you confident in your ability to navigate the financial dimensions of retirement? Most Americans are not, which can meaningfully affect their retirement outcomes.

Financial literacy and well-being

Many people make important financial decisions with limited financial literacy, according to the 2024 *Personal Finance Index*, an annual survey administered by the TIAA Institute and Stanford's Global Financial Literacy Excellence Center. This matters a lot because greater financial literacy generally translates into greater financial well-being. For instance, compared to those with a very high level of financial literacy, those with a very low level are:



2 times more likely to be constrained by debt



3.5 times more likely to be financially fragile



4 times more likely to lack one month of emergency savings



3 times more likely to have no confidence in their retirement income prospects



3 times more likely to spend 10 or more hours per week on personal finance issues

Retirement income security

Similarly, many U.S. adults lack fluency in the financial aspects of retirement—such as life expectancy, savings vehicles and lifetime income solutions—which can jeopardize their retirement income security. The *2024 Personal Finance Index* shows those who exhibit retirement fluency, compared to those who don't, are far more confident they'll have enough money to live comfortably throughout retirement.



How can TIAA help?

Your TIAA financial professional can help you increase your financial knowledge and meet a wide range of goals, including managing debt, saving for retirement, estimating healthcare costs in retirement, deciding when to claim Social Security benefits and more. Our financial modeling tools can show you the impact of saving more or less each month, retiring earlier than expected, incurring caregiving expenses, and other issues based on your personal situation. We also offer an array of resources, including those shown below, to help you boost your financial well-being.

Financial wellness resources

[Budgeting](#)

[Setting financial goals](#)

[Paying off debt](#)

[Saving for retirement](#)

[Estate planning](#)

[Financial webinars](#)



Contact us

To learn more, contact your TIAA financial professional, visit [tiaa.org](https://www.tiaa.org).



Additional financial wellness resources

Managing assets in a risk- and tax-appropriate manner

- [Financial Industry Regulatory Authority](#) provides investor education.
- [Money Smart](#) from the Federal Deposit Insurance Corporation provides financial literacy content for adults and teens.
- [Consumer Financial Protection Bureau](#) offers guidance on managing finances.
- The Federal Trade Commission offers [free credit reports](#).

Drawing down assets in a tax- and risk-efficient manner

- [Internal Revenue Service](#) provides content on federal taxation.
- [Consumer Financial Protection Bureau](#) offers guidance on managing finances.
- [U.S. Securities and Exchange Commission provides](#) content for investors and small businesses, as well as investment information at [investor.gov](#).

Maintaining financial well-being when the decision-maker is incapacitated

- [Social Security Administration](#) provides content on Social Security.
- [Medicare.gov](#) provides content on Medicare.
- [State Health Insurance Assistance Program](#) provides local, in-depth insurance counseling and assistance to Medicare-eligible individuals, their families and caregivers.

Transferring wealth to the next generation and advancing philanthropic interests

- [National Association of Insurance Commissioners](#) provides information on different lines of insurance, including a [long-term care shopper's guide](#). [Longtermcare.gov](#) also provides helpful information.
- [Money Smart](#) from the Federal Deposit Insurance Corporation provides financial literacy content for adults and teens.
- [Consumer Financial Protection Bureau](#) offers guidance on managing finances.
- [Internal Revenue Service](#) provides content on federal taxation.
- [U.S. Department of Labor](#) provides content on retirement plan benefits and savings.