

## Pre-Retirement Resources

The resources listed below may provide a starting point for learning about Social Security, Medicare, and TIAA benefits. These resources are provided for informational purposes only. If you have specific questions, please contact the Human Resources department at 319-895-4243 or plan to attend our pre-retirement informational session scheduled for November 17 at 3:15pm.

### *Social Security*

National Toll Free Service: 1-800-772-1213

Local Social Security Offices:

3165 Williams Blvd SW, Cedar Rapids, IA 52404. Phone: 1-866-495-0088

1100 6<sup>th</sup> St, Suite 100, Coralville, IA 52241. Phone: 1-866-964-2039

\*If you plan to visit the local office, be sure to call ahead to make an appointment.

Website: [www.ssa.gov](http://www.ssa.gov)

Online Tools:

- You can estimate benefit amounts and find more information to help you decide when to start receiving retirement benefits by using the benefits planners at <http://www.socialsecurity.gov/planners>.
- You can also use their Retirement Estimator at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator), or create a *my Social Security account* and get your Social Security Statement at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). Both tools provide retirement benefit estimates based on your actual earnings record.
- When you're ready for benefits, you can apply online at [www.socialsecurity.gov/applyforbenefits](http://www.socialsecurity.gov/applyforbenefits).

### *Medicare*

National Toll Free Service: 1-800-MEDICARE (1-800-633-4227)

Website: [www.medicare.gov](http://www.medicare.gov)

Online Tools:

- You can use their [eligibility and premium calculator](#) to get an estimate of when you're eligible for Medicare and your premium amount.
- You can learn the [different parts of Medicare](#) and the [steps to get started with Medicare](#).
- You can [apply for Medicare benefits](#).

Additional Resources: SHIIP is a free, confidential service that helps Iowans make informed decisions about Medicare. This organization has volunteer insurance counselors trained and assisted by the Insurance Division available to work with you, one-on-one, to assist you in evaluating your Medicare options. You can contact them at 1-800-351-4664 or by visiting their [website](#).



## *TIAA*

National Toll Free Service: 1-800-842-2252

Local Office:

327 2<sup>nd</sup> St, Suite 350, Coralville, IA 52241. Phone: 1-866-842-2977

Website: [www.tiaa.org](http://www.tiaa.org)

Online Tools (available after you [register for your account](#)):

- Ability to view your account values, transfer funds, and rebalance accounts
- Access to planning tools and learning resources
- Ability to manage your personal profile and select/change beneficiaries

