

Ready When You Are

Reviewing your account information has never been easier

CONVENIENT

My Account allows 24/7 access to account information

SECURE

All account information is stored on a secure server

GET STARTED

To create an account, visit www.nhrs.org and click on *My Account*

1) What is *My Account*?

My Account is an online service of the New Hampshire Retirement System (NHRS), where members and retirees can access instant and secure personal pension benefit information.

2) How do I access *My Account*?

My Account is available through the NHRS website: <https://www.nhrs.org/>

3) What if I need assistance creating an account or using *My Account*?

Step-by-step instructions on creating an account are available in the Help section of *My Account*.

Members may also call NHRS at (603) 410-3500 (Press 3) from 8 a.m. to 4 p.m., Monday through Friday, or email info@nhrs.org.

4) What can I do in *My Account*?

As an active member you can:

- View summary and account balance information
- View or update demographic information (e.g. address, phone number, email)
- View or update your nominated beneficiary information
- View and print member annual statements
- Apply for retirement

Active members may also:

- Estimate future retirement benefits

5) What about security?

NHRS uses Secure Sockets Layer (SSL) encryption to ensure your information is protected and transmitted securely.

NHRS has also implemented a reCAPTCHA tool when logging into *My Account*. reCAPTCHA protects websites from spam and abuse. It uses an advanced risk analysis engine and adaptive CAPTCHAs to keep automated software from engaging in unauthorized activities on a website.

6) What if I forget my password or username?

Please use the "Forgot your Password?" or "Request a Username" features of *My Account*.

