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 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 toll free at 1-877-600-0158 ext. 3680 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*.

NHRS
New Hampshire Retirement System