



# Accessing John Hancock

With John Hancock, you'll find simple suggestions to help you in your journey to retirement. Contact us to access your account 24 hours a day, seven days a week.

## Online

[johnhancock.com/myplan](http://johnhancock.com/myplan)

Once logged in, check out the personalized retirement planning tool. It's a unique and meaningful way to plan for your retirement.

## Mobile Device

Download the free **mylifeflow**® mobile application for your iOS or Android device or scan the QR code. Launch the app to log into your account using your username and password. Enroll in the retirement plan, and view your account balance, asset allocation and personal rate of return.

## One-on-one Support

**800-294-3575**

For general account needs, call to access the Automated Voice Response Service or speak with a John Hancock representative. Representatives are available from 8 a.m. to 10 p.m. Eastern time on New York Stock Exchange business days.

**Hablamos español** – Llame al 888.440.0022 para información en español. Representantes están disponibles de lunes a viernes, de 10 a.m. a 8 p.m. hora del Este en días hábiles de la Bolsa de Valores de Nueva York.

**877-525-7655**

Call a Consolidation representative if you have past accounts that you'd like to combine into your current retirement account at John Hancock. Representatives are available Monday through Friday, 8:30 a.m. to 7 p.m. ET. ^

**866-401-2472**

Changing jobs or retiring? Our Rollover Education Specialists can review your options with you and help you make a choice that reflects your financial needs. Our team is available Monday through Friday, 8:30 a.m. to 7 p.m. ET.\*



Access your  
retirement savings  
plan at any time  
from anywhere.



[johnhancock.com/myplan](http://johnhancock.com/myplan)  
**800-294-3575**

**Take action!**

Be sure to bookmark  
[johnhancock.com/myplan](http://johnhancock.com/myplan)  
and add it to your favorites.

# Accessing John Hancock's website

Whether you're registering for the first time, or you need a refresher, follow these steps to access your account online.

## Register

Go to [johnhancock.com/myplan](https://johnhancock.com/myplan) and click on **Register Now**.

**Step 1: Tell us about yourself.** Enter your last name, Social Security number, and birthdate. Click **Continue**.

**Step 2: Create your username and password.** You'll also enter your email address and mobile phone number. Click **Create Profile**.

## You're registered!

You can now use your username and password to login. If you ever forget, click on **Forgot your Username or Password?**

## Still need to enroll in the plan?

If you haven't enrolled, you'll be prompted to do so after the registration process. Click **Get Started Now!**

Your future is important and planning for your retirement is part of it. **Take control and get online today!**



^ As other options are available, you are encouraged to review all of your options to determine if combining your retirement accounts is suitable for you.

\*There are advantages and disadvantages to all rollover options; you are encouraged to review your options to determine if staying in a retirement plan, rolling over to an IRA, or another option is best for you.

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MS-P29386-GE 11/19-39988

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To learn more about protecting your account and profile, click on **Account Security** located at the bottom of the login page.