With John Hancock Retirement Plan Services (John Hancock), you’ll find simple suggestions that help take the guesswork out of financial decisions and that help you make progress...one step at a time. Contact us to access your account 24 hours a day, seven days a week.

**ONLINE**

**mylifenow.jhrps.com**

The main page provides an overview of some key information, such as account balance, rate of return, and loan balance. From there you will find four key links—My Contributions, My Investments, My Retirement, and My Learning Center—to help you take action or learn more about your retirement.

**Mobile device**

Use your iOS or Android device to scan the QR code and be directed to our mobile-enhanced website. You can access your app store to download the free mobile application. Then, launch the app and sign into your account using your mylife.jhrps.com User ID and Personal Identification Number (PIN)/Password.

**ONE-ON-ONE SUPPORT**

**800.294.3575**

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. For your safety and security, all calls to representatives are recorded.

**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. Para su protección todas las llamadas salen grabadas.

**Easy sign in process**

To help protect your information, John Hancock features a two-step sign in process. Simply enter your User ID, and next enter your PIN/Password.

Logging in or calling us for the first time? You’ll be asked to provide your Social Security number and date of birth so that you can create a PIN/Password.
The main page on mylife.jhrps.com provides an overview of some key information, such as account balance, rate of return, and loan balance. From here you will find four key links to help you take action or learn more about your retirement. More detail on these links can be found below.

**My Contributions**
Contributing to your retirement plan is an easy way to prepare for your future. It may be the best gift you ever give yourself. On this page, you can increase or change your contribution rate or view a detailed statement of your account.

**My Investments**
Looking for a hands-off approach to investing? Or, do you want to choose your own investments, but need a little help? Whatever your needs, we can help. On this page, you can see how your savings are being invested, the return on those investments and other information to help make retirement planning easier.

**My Retirement**
The My Retirement page can help answer the common question around retirement planning. We offer easy-to-use calculators and tools that can help you take your next step.

**My Learning Center**
What is a 401(k)? How do the ups and downs of the market impact your retirement planning now and in the future? What is a stock, and what is a mutual fund? How can you balance saving for retirement with saving for college, or paying down debt, or buying a new car? Find answers to these questions and more!