



# Save paper—and time—by using your online retirement account

As a Sentry retirement plan participant, you have access to our retirement account management website. You can access important information anytime, anywhere.

## EASILY SUBMIT ONLINE REQUESTS

In addition to having access to a variety of account management options and an interactive retirement readiness tool, you can also use easy, step-by-step forms to submit requests for:

- Rollovers
- Distributions

When you submit an online request, it goes directly to your employer for approval. They can review your request online and help get you what you need faster and more efficiently.

## SIGN UP FOR PAPERLESS DOCUMENTS

When you register for online access, you can also choose to receive paperless documents. This means you'll receive your statements and other retirement documents via your online account, instead of paper mail.

Not only does this help save paper, it means you get your information faster and can access it anytime. We'll even send you an alert to let you know a new document is ready for you.



## ESTABLISH YOUR ACCOUNT ONLINE

Ready to get started? First, you'll need to establish your secure account online. It's a simple process:

1. Go to [sentry.com/retirement](https://sentry.com/retirement) or scan the QR code below.
2. Select **Retirement** and enter your email address, birth date, and Social Security number. Then, we'll send you an email with an activation link.
3. Click the activation link in your email, and create your password.
4. Verify terms of service.
5. Select **Go to your account** or **Enroll now**, then follow the steps to proceed.
6. You'll be prompted to answer a series of security questions to confirm your identity and secure your account.
7. Enjoy the great tools available on the website.



**If you have any questions,  
give us a call at 866-747-4905.  
In New York, call 800-962-2922.  
We're here to help you find  
the information you need.**