

My Retirement Plan (MRP) website

What happens if I forget my password?



If you have forgotten your MRP password, you can reset it easily using the self-service option. Follow the steps below to reset your password online:

1. Click on the self-serve “Forgot your password?” link on the MRP login screen.

2. Enter your Member ID. If you do not know your Member ID, you can locate it on your Member Statement*.

Enter your Member ID, complete the Captcha, and click ‘Next’ to proceed.

3. When prompted, answer the challenge questions you created when you first accessed the MRP site.

Once completed, click ‘Save’ to proceed.

4. After you answer the challenge questions, a temporary password will be provided.

5. Return to the MRP login screen nspensions.hroffice.com

Log in with your Member ID and temporary password.

Create a new permanent password and ensure it is securely recorded for future reference.

* If you cannot locate your Member Statement and do not recall your Member ID, please [contact us](#).