Manage your account

On the web

1 Go to nationwide.com/myretirement

2 Click "sign up"

3 Register as an individual

4 Provide name, birth date, ZIP code, Social Security number and account number 226-80567

5 Create User Name and Password

6 Click "continue"

Once your account is established, you can check your account balance, review funds available in your Plan, move money, change contributions and more!

Plus, the *On Your Side* Interactive Retirement Planner[SM] is online to help you find out if you are on track for retirement and help you establish a Plan to reach your goals.

On the phone

1 For account verification, you may need one or more of the following: account number (see number four in the adjacent column), the last five digits of your social security number or the phone number associated with your account.

2 Call 1-800-772-2182

3 Follow the prompts

Once your account is established, you can access the Voice Response Unit any time to check your balance or obtain other account information.

You can speak to a licensed representative during normal business hours to perform transactions by phone, get help setting up your online access and get answers to general questions. Normal business hours are 8am to 11pm Eastern time, Monday through Friday.