

# How to Get Enrolled

Follow these instructions to  
enroll in your 401(k) Plan.



## Step 1: Create your account

Register and access the enrollment website for the first time.

- Website: [myplan.johnhancock.com/login](https://myplan.johnhancock.com/login)
- Mobile App: **mylifenow™**

## Step 2: Enroll in your company's retirement plan

Make key decisions about your 401(k) account using the website or app.

- **To enroll via the mobile app**, download the mylifenow™ app.
  - If logging in for the first time, **create a New Account** via the mobile app.
  - After logging in, **select “Enroll Now.”**
  - **Select contribution type and amount** under “My Contributions.”
    - A default type may be pre-populated. Edit as desired.
  - Investment options may be pre-populated. These can be changed on the website after enrollment. **Select “Review.”**
  - **Review current and future elections** and **select “Next.”**
  - **Select “Submit”** to complete enrollment.
    - If you wish to change the pre-populated investment selection, please select “Menu,” then “Investment Strategies.”

## Step 2: Enroll in your company's retirement plan

- **To enroll via the website**, go to the website and click “**register online today.**”
- You will be prompted to enter your **last name**, **social security number**, and **date of birth**. To create your profile, fill out the following information: **User ID**, **Password**, **Security Question** and **Answer**, **Email**, and **Phone Number**.
- Once on the homepage, click the “**Manage**” tab on the menu at the top of the screen.
  - **Click the “My Contributions” tab** and **select a contribution rate**.
    1. A default rate may already be populated. Edit to your desired rate.
    2. If the Auto Increase feature is available, select your desired annual increase amount.
    3. Click “**Next: Review and Submit.**”
  - **Click the “Investment Changes” tab**.
    1. **Choose your investment strategy**:
      - Select your own investments or use an advice solution.
      - Select if you want to automatically rebalance your account.
    2. **Click “Review and Submit.”**
  - **Confirm your enrollment**. Review your elections and click “**Submit.**”
- **Designate your beneficiaries**. Click “**My Profile**” in the top right corner. A drop-down menu will appear. Then, click “**Update My Beneficiary Info.**”
  - Click the “**beneficiaries**” tab and select “**Add New.**” Now enter the information asked and click “**Save.**”

Would you like some help? Reach out to us.

**Schedule a 30-minute one-on-one meeting with a Retirement Specialist.**

Your Retirement Specialist has a great deal of experience with helping employees plan for a successful retirement. They can help you get enrolled as well as provide educational support and guidance.



Schedule your meeting now!

Contact Us: 888-322-7586 | [contact401k@frs.net](mailto:contact401k@frs.net)