

MyTMRS is an online portal on tmrs.com where you can access your TMRS account 24/7.

How to Register for MyTMRS

- Go to tmrs.com and click the red MyTMRS button in the upper right corner
- At the Log In screen (upper right), click on the “Create an Account” link
- Fill in the required information on the Registration screen (bottom right), and follow the directions
- Use a personal email address

What You Can Do on MyTMRS

- Update your contact information
- View and update your beneficiary designations
- Choose your preferences for electronic or mail delivery of TMRS newsletters and annual statements
- View, download and print your Member Account Statement or Retirement Benefit Statement

What Active Members Can Do

- Review your account balance and service credits
- Print an Account Balance letter to document your account
- View your City’s Plan
- Run personal retirement estimates

What Retirees Can Do

- View your benefit payment summary and tax withholding details
- Change your IRS withholding instructions
- Download tax documents (Form 1099-R)
- Print Benefit Confirmation letters to document your benefit payment
- Update your direct deposit information
- Update your HELPS insurance premium deduction

Member Service Center

800-924-8677

8 a.m. to 5 p.m., Monday – Friday

Fax • 512-476-5576

help@tmrs.com

Website

tmrs.com

Mailing Address

P.O. Box 149153

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