

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.
- On the login screen click the “Create an Account” link
- Fill in the required information
- Scan the QR code to the right to sign up on your phone



What You Can Do on MyTMRS

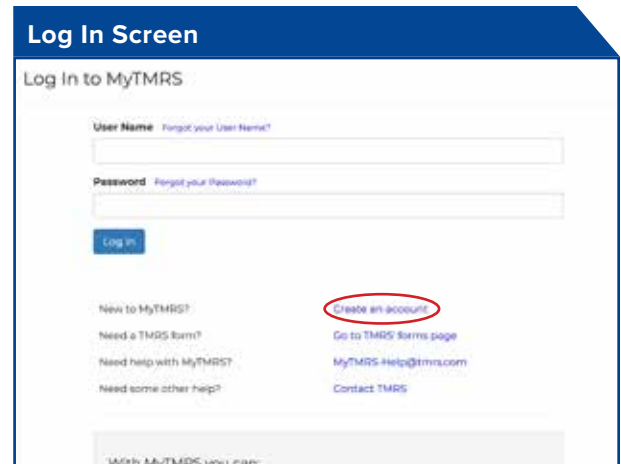
- Update your contact information
- View and update your beneficiary designations
- Choose your preferences for electronic or mail delivery of TMRS newsletters and annual statements
- View, download and print your Member Account Statement or Retirement Benefit Statement

What 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
- Apply for a refund if you stop working for a participating city

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



Log In Screen

Log In to MyTMRS

User Name Forgot your User Name?

Password Forgot your Password?

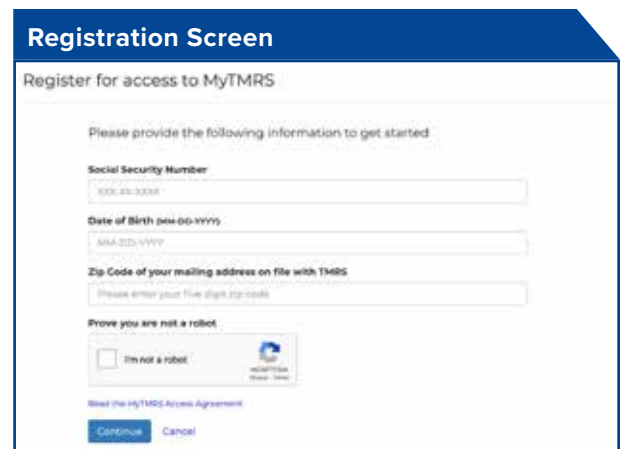
Log In

New to MyTMRS? **Create an account**

Need a TMRS form? [Go to TMRS forms page](#)

Need help with MyTMRS? MyTMRS-Help@tmrs.com

Need some other help? [Contact TMRS](#)



Registration Screen

Register for access to MyTMRS

Please provide the following information to get started

Social Security Number

Date of Birth (mm-dd-yyyy)

Zip Code of your mailing address on file with TMRS

Prove you are not a robot
 I'm not a robot

Read the MyTMRS Access Agreement

Continue Cancel

Member Service Center

800-924-8677

Fax • 512-476-5576

Website

tmrs.com

Mailing Address

P.O. Box 149153

Austin, TX 78714-9153