Retirement@Work is the online enrollment and management system for the State University of New York Retirement Plan. With a single login, you will be able to manage your entire account online. You will be able to:

- Change your investment providers for your Optional Retirement Plan (ORP) and Tax-Deferred Annuity (TDA) Plan accounts.
- Manage (increase or decrease) your salary deferral elections online.
- View the Optional Retirement Program (ORP) and Tax-Deferred Annuity (TDA) Plans account balances.
- Enroll in the Voluntary Savings Plan if you are not already enrolled.
- Restart or stop your deferral elections.
- Change your personal information.
- Make informed decisions with consolidated views of your current and historical account information – including account balances, contributions and distributions across all providers.

Employees may only view and manage their ORP and TDA accounts with Retirement@work. The Defined Benefit Plan – NYS retirement plan (TRS or ERS) – are not administered by Retirement@Work.

Making Deferral Changes

If you have already created your Retirement@Work login and would like to change your deferral contributions or investment provider allocation percentages for your 403(b) (also called the SUNY Voluntary Savings Plan or Tax-Deferred Annuity (TDA) Plan), please follow these instructions.

1. Visit Retirement@Work
   www.retirementatwork.org/suny

2. Welcome
   If you have a Retirement@Work user ID, enter it now and click Log In.
   
   **First-time users:** You must create a Retirement@Work user ID and password before you can proceed. See instructions at the end of document to register.
3. How can we help you?

Click View my account.

4. Your Plan Summary

Once logged in to Retirement@Work, the screen refreshes to “Your Plan Summary” page, where you’ll find your balances, contribution summary and recent contributions.

Select the “Manage Contributions” tab at the top of the page to see your current contribution amount.

To change your deferral contribution and the effective date, click Manage Contributions to the right. Here you will be able to change your deferral contribution and the effective date.

Confirm the effective date of the change; either the first available date or by future-dating salary deferral elections.

5. Choose Investment Providers

a. Direct all contribution types to the same investment providers – Yes or No
   • Yes – This allows you to select the same investment provider.
   • No – This allows you to direct each contribution type separately for your deferral contribution and for your ORP contribution (employee and employer).

b. Choose a percentage to allocate to each investment provider.

Click Continue.
6. Terms & Conditions

Review the terms and conditions of the Tax-Deferred Annuity Plan.

Check the "I have read and accept these Terms and Conditions" box, then click I Agree.

Select Continue and then log out.

First-time users:
Instructions for creating your Retirement@Work user ID and password

If you have not created your user ID and password, please follow these five steps. You must create login credentials before you can make changes to your account.

1. Visit www.retirementatwork.org/suny

   Be sure to bookmark this URL for all of your account management needs.

2. Click the Register button under “First Time Here?”

   Create a user ID, password and security question for Retirement@Work.

3. Enter your Social Security number and date of birth to create your login.

   Click Continue.

4. You will be asked to provide your first name, last name, gender, email and to decide on a user ID, password, security question and answer to your security question.

   Note: Please remember your user ID and password to manage your SUNY Retirement account in the future.

   Click Continue.

5. Complete the “Set Up Your Profile” page by providing your mailing address, day and evening phone numbers, confirm your email and sign up for e-delivery (if you choose).

   Click Continue.

After you create a user ID and password, you will be taken to “Your Plan Summary” page, which provides your Balance and Contribution Summary. From here you will be able to manage your contributions, deferral elections, update your investment provider allocation percentages and more.
Need help?

If you need assistance with the Retirement@Work system, call 866 271-0960. You will be connected with one of our experienced Retirement@Work consultants.

Monday–Friday, 8 a.m. – 10 p.m.
Saturday, 9 a.m. – 6 p.m. (ET)

If you have questions regarding SUNY retirement benefits, please contact your campus benefits administrator.