

Your pension workout plan

Let's get your pension future fit!

Let's help you feel more confident and financially ready for retirement with our 3-step workout plan.



#PensionAttention



Stretch your mind back to past employers or pensions.



Check your form by logging into your pension accounts to see how much you've got.



Work out how much you might need for your future.

- ☐ **Find your lost pensions:**
 - Join in on National Pension Tracing Day on 26th October and take part in the Great Pension Treasure Hunt – [Tracing Step-By-Step – October 26th 2025](#)
 - Find your lost pensions and boost your retirement health – [Find pension contact details - GOV.UK](#)
- ☐ **Bring your pensions together.** If you have more than one pension, you can bring them together using MyFutureNow online or in the app.
- ☐ **Check your pension balance.** Log in online or through the app to see how much you currently have.
- ☐ **Connect your accounts.** Link your savings, pensions and other accounts in the app for a clear view of your financial health.
- ☐ **Check in on your investments.** View the investments section in your online account to check performance and changes.
- ☐ **Nominate your beneficiaries.** Your pension can support loved ones after you're gone. Update your preferences anytime in your online account.

- ☐ **Watch your personalised video pension benefit statement.** Log in to your online account and watch your video for a view of how much your pension could be worth when you retire.
- ☐ **Build your plan with our step-by-step retirement planner.** Also available in your online account, it helps you assess your finances, identify your needs and explore your options.
- ☐ **Consider what you want your retirement to look like.** Try the [Retirement Living Standards tool](#) to map out your goals and estimate how much for the retirement you want.



Ready to strengthen your financial future?

Start your pension workout anytime, anywhere. Whether you're at home, at work, or on the move simply log in to your account **online** or through the app. Download the app by visiting the App Store or Google Play Store and searching for 'Legal & General' or scan this QR code.

