



I.A.M. NATIONAL PENSION FUND, NATIONAL PENSION PLAN

How to Apply for Pension Benefits:

1. Request Pension Application:

- a) By Telephone: 1-800-424-9608
(ask for Records Department)
- b) By Fax: 202-857-3713
- c) By E-mail: iamnpf@iamnpf.org
- d) By Mail: 1300 Connecticut Avenue, NW
Suite 300
Washington, DC 20036
- e) On-line: www.iamnpf.org
(Applications may be filed on-line)

2. You must provide the following information when requesting an application

- a) Name
- b) Social Security Number
- c) Address
- d) Date of birth
- e) If married: Spouse's name
Spouse's date of birth
Spouse's Social Security Number
- f) Intended Retirement Date

REMEMBER: Your Application can be requested **no more** than 180 days before your intended retirement date or last day of work. See **chart on reverse side** which indicates when you should request a Pension Application, when Application must be received in Fund Office and date you must stop working to ensure that your pension checks will go retroactive to your pension effective date.

WHEN TO APPLY FOR PENSION BENEFITS

Your pension effective date is the first of the month following the later of your last day worked or the Fund's receipt of your completed application.

If you are retiring with a Pension Effective Date of:	Request Your Application No Sooner Than:	Application MUST be Received in Fund Office By:	Must stop working No later Than:
January 1, 2009	July 1, 2008	December 31, 2008	December 31, 2008
February 1, 2009	August 1, 2008	January 31, 2009	January 31, 2009
March 1, 2009	September 1, 2008	February 28, 2009	February 28, 2009
April 1, 2009	October 1, 2008	March 31, 2009	March 31, 2009
May 1, 2009	November 1, 2008	April 30, 2009	April 30, 2009
June 1, 2009	December 1, 2008	May 30, 2009	May 31, 2009
July 1, 2009	January 1, 2009	June 30, 2009	June 30, 2009
August 1, 2009	February 1, 2009	July 31, 2009	July 31, 2009
September 1, 2009	March 1, 2009	August 31, 2009	August 31, 2009
October 1, 2009	April 1, 2009	September 30, 2009	September 30, 2009
November 1, 2009	May 1, 2009	October 31, 2009	October 31, 2009
December 1, 2009	June 1, 2009	November 30, 2009	November 30, 2009
January 1, 2010	July 1, 2009	December 31, 2009	December 31, 2009
February 1, 2010	August 1, 2009	January 30, 2010	January 31, 2010
March 1, 2010	September 1, 2009	February 27, 2010	February 28, 2010
April 1, 2010	October 1, 2009	March 31, 2010	March 31, 2010
May 1, 2010	November 1, 2009	April 30, 2010	April 30, 2010
June 1, 2010	December 1, 2009	May 31, 2010	May 31, 2010

For more information call 1-800-424-9608



I.A.M. National Pension Fund
1300 Connecticut Ave., N.W., Suite 300
Washington, D.C. 20036-1707
(202) 785-2658 fax (202) 463-8098
www.iamnpf.org

I.A.M. NATIONAL PENSION FUND'S WEBSITE

www.iamnpf.org

Setting Up Your Profile – for Participants (non Benefit Recipients)

To access the following on our website you need a User name and Password:

- * See individual information about you
- * Model Pension benefits with our "Pension Calculator"
- * View hours which have been submitted on your behalf by your employer from 2004 and future years
- * Complete your Pension Application, via the "On-line Pension Application"
- * Beneficiary Information

If it is your first time setting up your username and password follow these procedures:

- 1) Log onto the Fund's website, www.iamnpf.org, Click on the Pension Fund Logo.
- 2) Click on "Participants" at the top left of the screen
- 3) From there, click on "See Individualized Information About You"
- 4) Enter your Social Security Number as your User name, (without the dashes – example 123456789)
- 5) Next enter your eight digit date of birth (without slashes example: 09251955) as your Password then click the "Log In" button.
- 6) You will now be asked to set up your User profile. You can provide your email address.
- 7) Enter a User Name (it can not be your Social Security Number).
- 8) Enter a Password – **your password is case-sensitive and must always be entered exactly as you create it now.**
- 9) Confirm your Password – enter your new password again, exactly as you did in #8.
- 10) Select a security question and answer it (there are 6 to choose from).
- 11) Enter your Mother's maiden name. Click "Continue", Click "Save" and Click "Login".
- 12) Enter your new User Name and Password, click "Log In".

If you have already set up your user name and password and remember your User Name, but forgot your password follow these procedures:

- 1) Follow procedures 1, 2, and 3 above
- 2) Click on "Forgot your Password" **DO NOT** click on "First Time Here"
- 3) From there enter your "user name" then click continue
- 4) Answer security question, enter your Mother's maiden name and click continue.
- 5) Enter new password, re-enter new password and click "SAVE".

If you have forgotten both your User Name and your Password contact the Fund Office at 1-800-424-9608, ask for either the Records Department or the Information Systems Department, and they can help.

