

Contact us

A guide to help you choose the right retirement resource



The myRetirement Insight planning tool is designed to be simple and intuitive; with online guides and resources to help you. If you need additional assistance, or have questions, please use this guide to choose the right resource.

Choosing the right retirement resource



Questions about myRetirement Insight

Contact the HRC:
1-888-927-7700 > select:
Retirement & Savings > 401(k)

I want to...

- project my overall retirement savings,
- estimate my expenses at retirement,
- see how long my savings are expected to last,
- ask a question related to using myRetirement Insight.

Use the myRetirement Insight planning tool

Workday > Pay application - under External Links > 401(k) (On BMO Network) > myRetirement Insight "Go"

Contact the Human Resources Center at 1-888-927-7700 - choose Retirement & Savings > 401(k) to be connected with ACCESSBenefits. You will need your ID number and PIN.

I want to...

- change my pre-tax or Roth 401(k) contribution rate,
- review investment options or change the investment of my 401(k) Savings or Non-Qualified Savings Plan account,
- get account information or print on-demand statements,
- update my 401(k) Saving Plan beneficiary,
- ask a 401(k) Savings or Non-Qualified Savings Plan question.

Use the ACCESSBenefits website

Workday > Pay application - under External Links > 401(k) (On BMO Network)

Contact the Human Resources Center at 1-888-927-7700 - choose Retirement & Savings > 401(k) to be connected with ACCESSBenefits. You will need your ID number and PIN. If you participate in the Non-Qualified Savings Plan and have questions, follow the prompts above and select option #2.

I want to...

- project a detailed pension calculation,
- compare my various pension payment options,
- initiate payment of my pension benefit at retirement,
- update my Retirement Plan beneficiary,
- ask a Retirement Plan (Pension) or Benefit Replacement Plan question.

Use the My Benefits & Retirement website

Workday > My Benefits & Retirement applications > Employees in Canada and US (On BMO Network) > Pension

Contact the Human Resources Center at 1-888-927-7700 - choose Retirement & Savings > pension