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5 things in 5 minutes



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5 simple and easy things you can do to make the most of your pension - anytime, anywhere.

Registering for a MPO account? You'll need;

- A few personal details
- Your National Insurance number
- An email address - we recommend a personal email address

Useful links;

[Registration \(This link opens in a new window\)](#)

Forms

Ready to apply? Our forms page has everything you'll need to get started.

[➤ Forms](#)

Calculators

Get an insight into how your pension is built and explore your options.

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FAQ's

Find the answers with our range of Frequently Asked Questions.

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Our videos



Looking for something else to watch, we've plenty of informative videos to help you understand your pension.

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