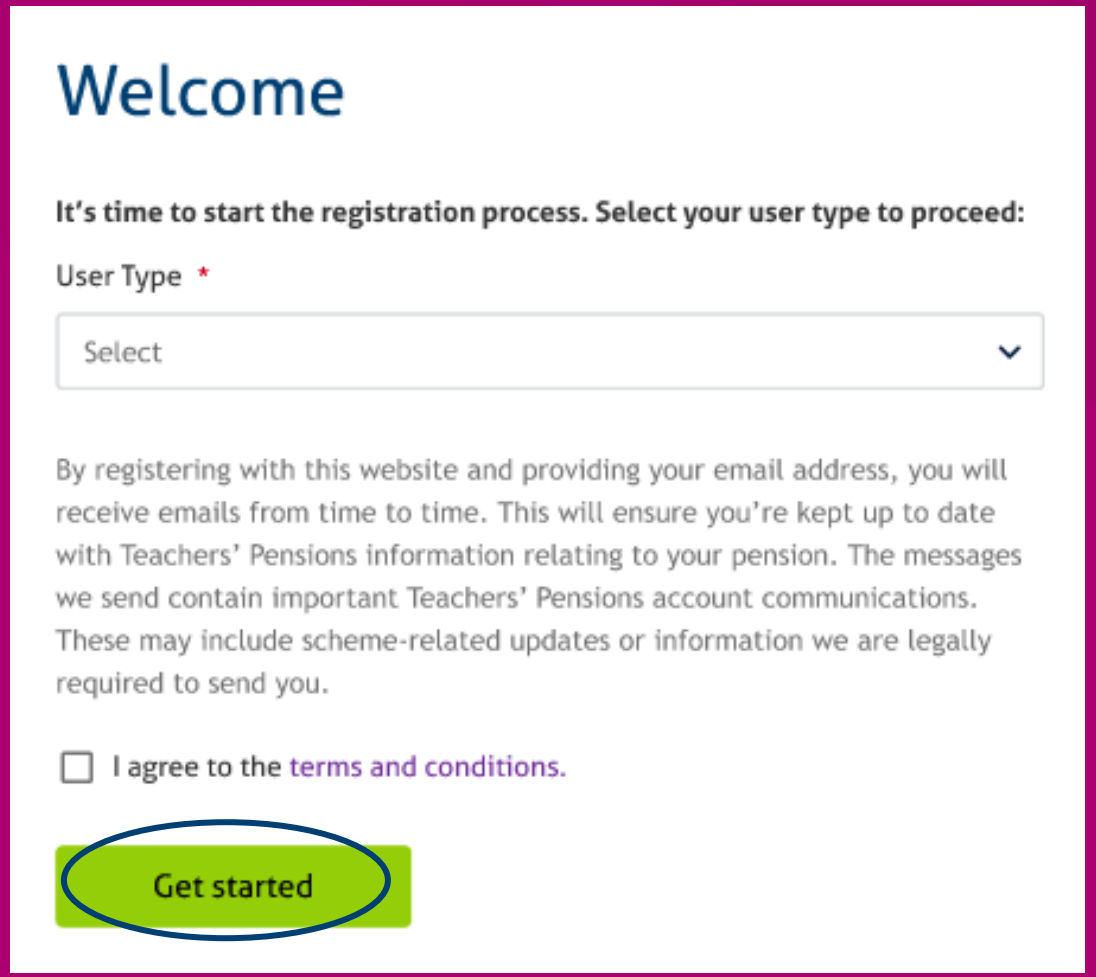
My Pension Online - registration & log in

Teachers' Pensions

September 2026 v0.1

Register for My Pension Online (MPO)



Step 1

Visit My Pension Online registration page using the link below

www.teacherspensions.co.uk/forms/registration

- Select 'Member' under user type.
- You'll need to review the terms and conditions, by clicking on the link and then confirming you agree.
- Next click 'Get started'.

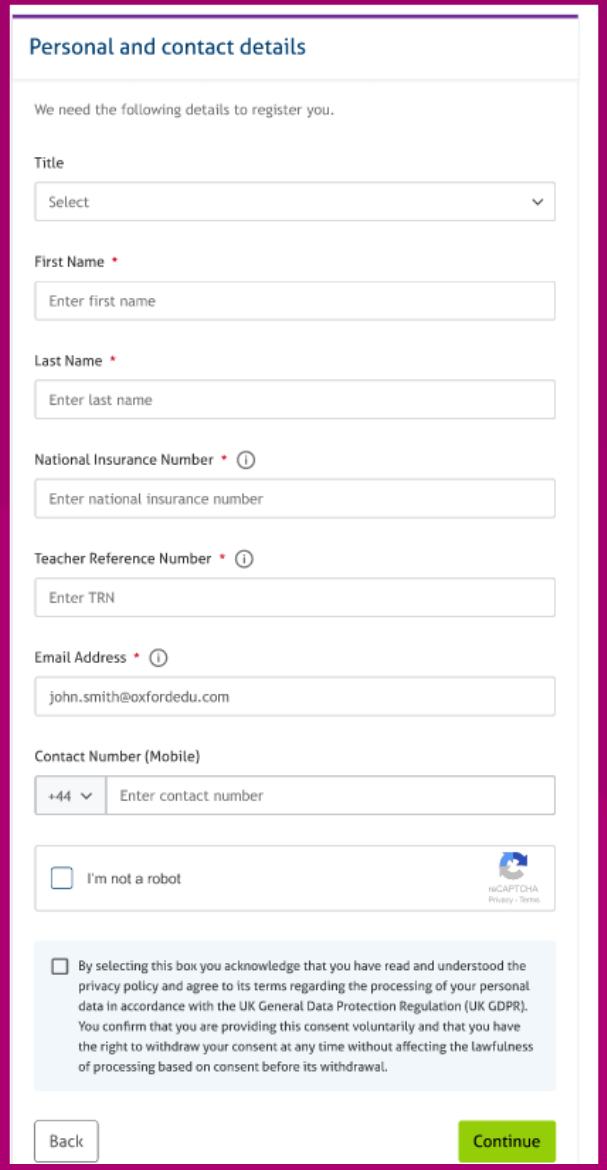
Register for My Pension Online

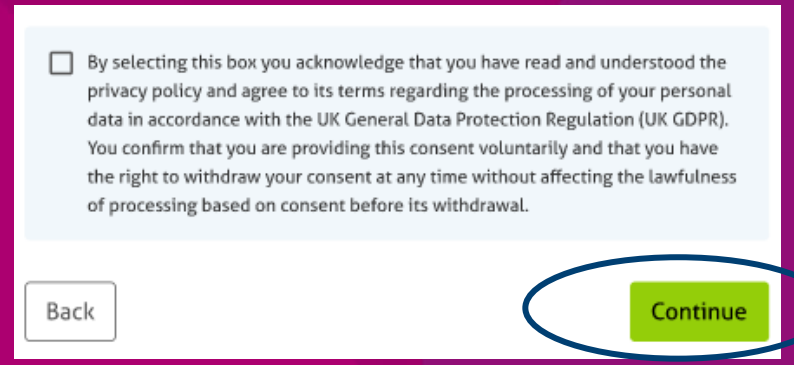
Step 2

You'll need to provide some personal details including:

- First name
- Last name
- Date of birth
- National Insurance number
- Teacher Reference number (TRN)
- Personal email address (we recommend you use a personal email address, rather than a work one).
- Contact number.

Then select the checkbox and click 'continue'.





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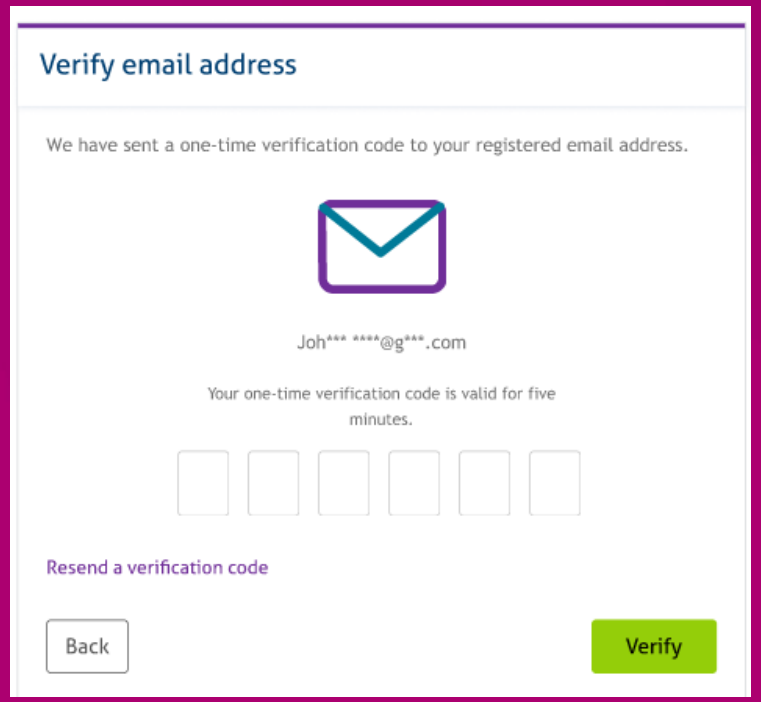
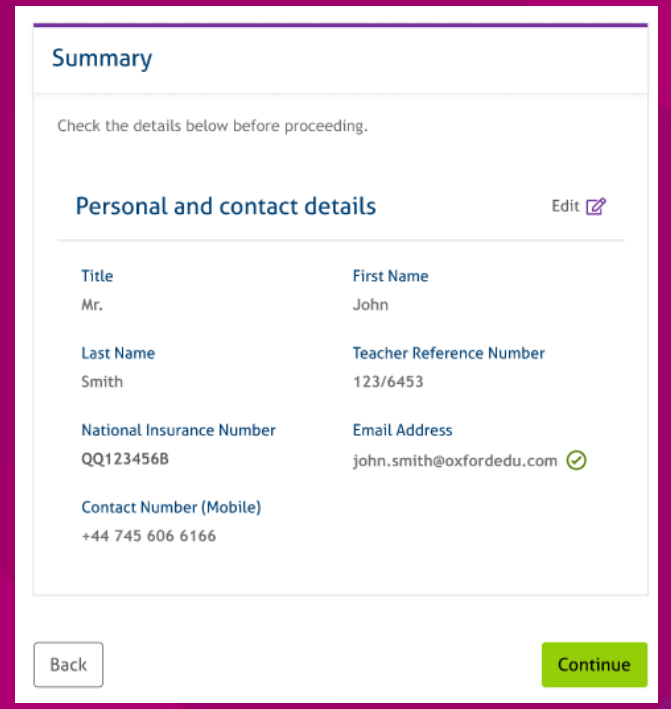




Step 3: Verify your details

You'll need to verify your email address using a one-time passcode. We'll send this to the details you've provided.

Step 4: Complete registration

You'll then see a summary of your details. If anything is incorrect, please click 'Edit'

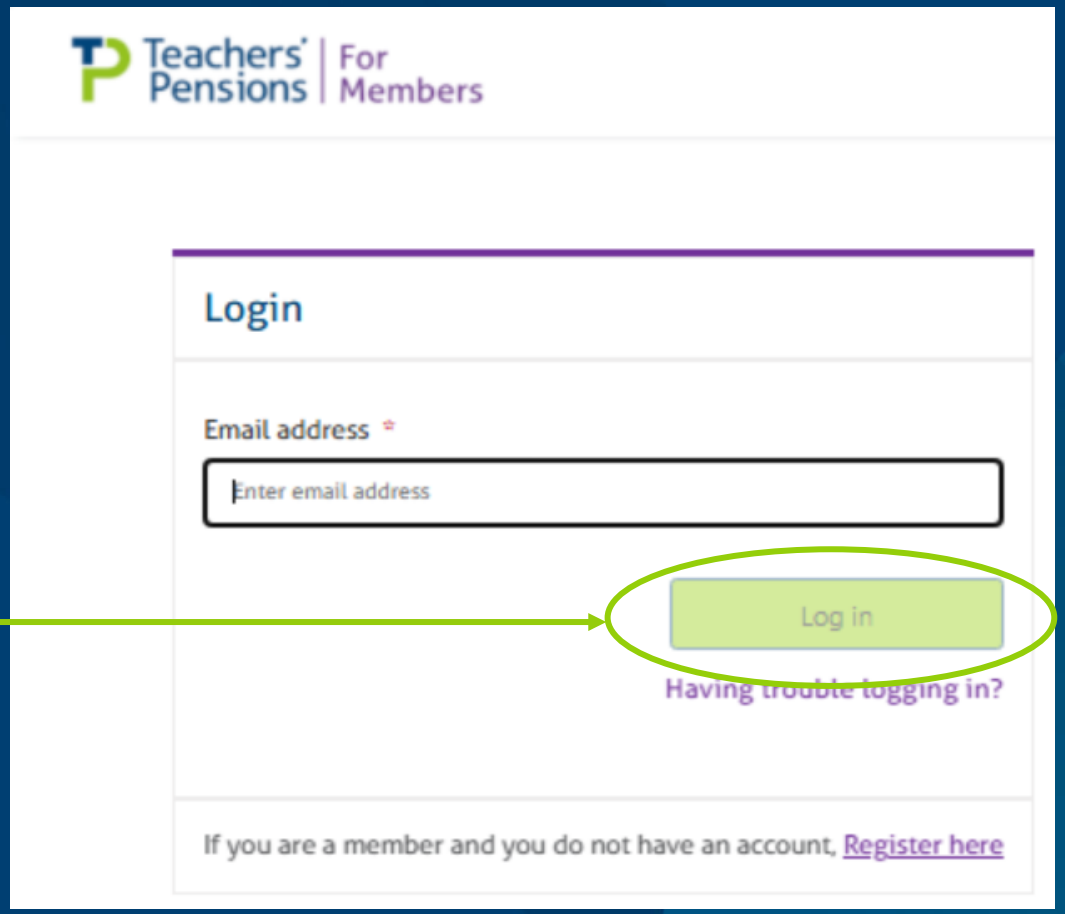
Logging into MPO for the first time

Step 1

You'll need to set up your password and multi-factor authenticator to complete the log in process and keep your account secure.

To do this go to the log in page: www.teacherspensions.co.uk/member/login

Simply add in the email you registered with and press the ‘Log in' button.



Logging into MPO for the first time

Step 2

Verify your details - You'll need to verify the details you used to register. This includes your date of birth and Teacher reference number.

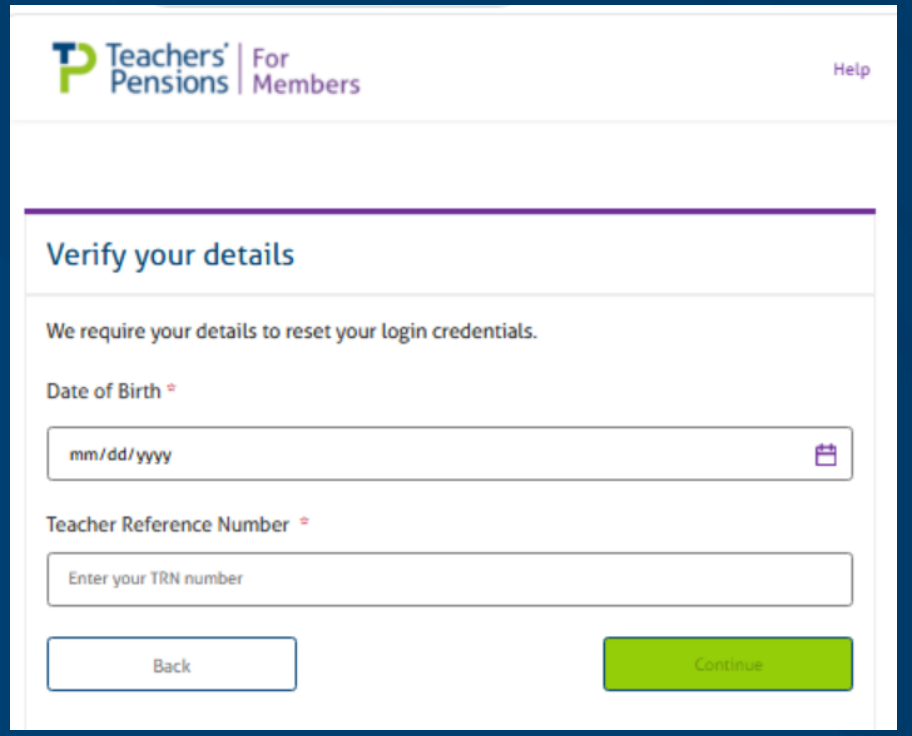
Then click 'continue' to go to the next step.

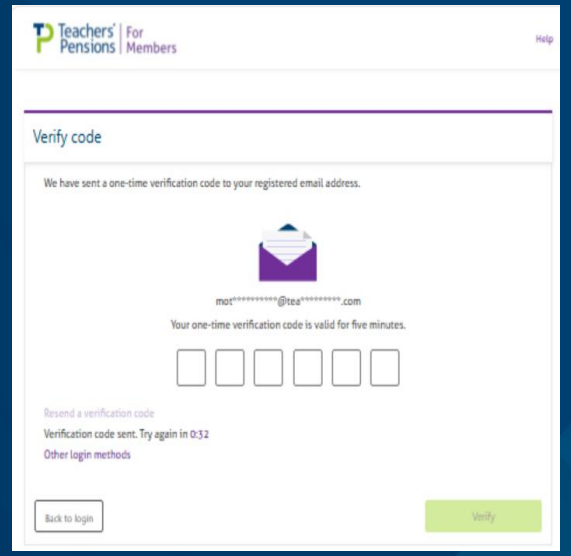
Step 3

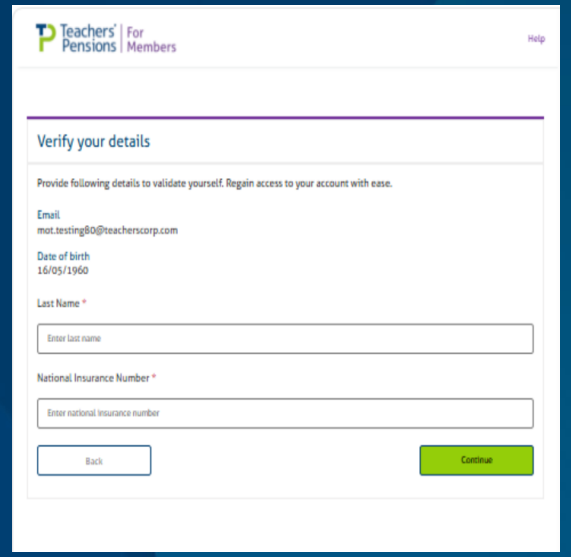
Enter the verification code - We'll then send a one-time passcode (OTP) to your registered email address. Please enter the code in the designated fields.

Step 4

Verify additional details - You'll then be asked to verify additional personal information, such as your surname and National Insurance number. Click 'continue' to go to the next step.







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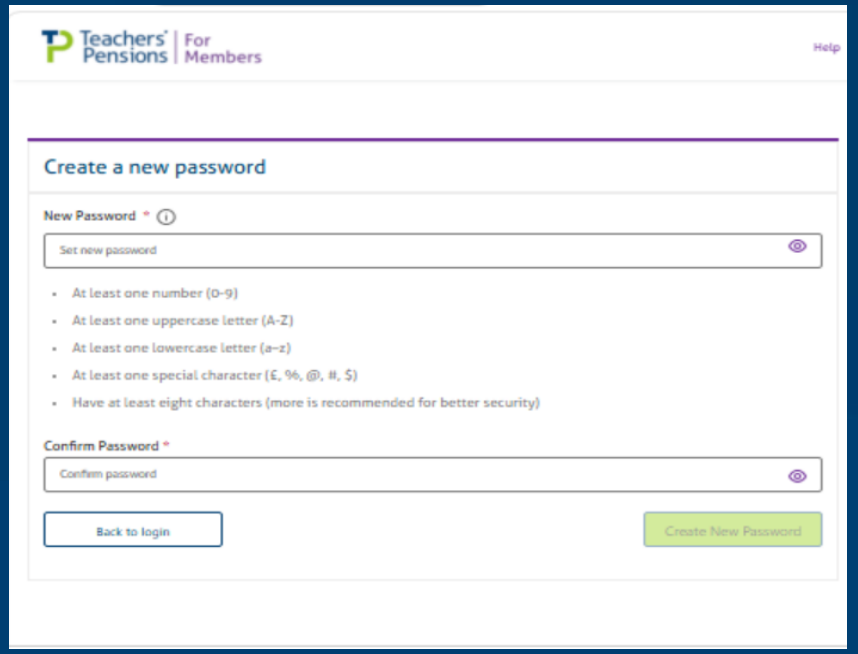
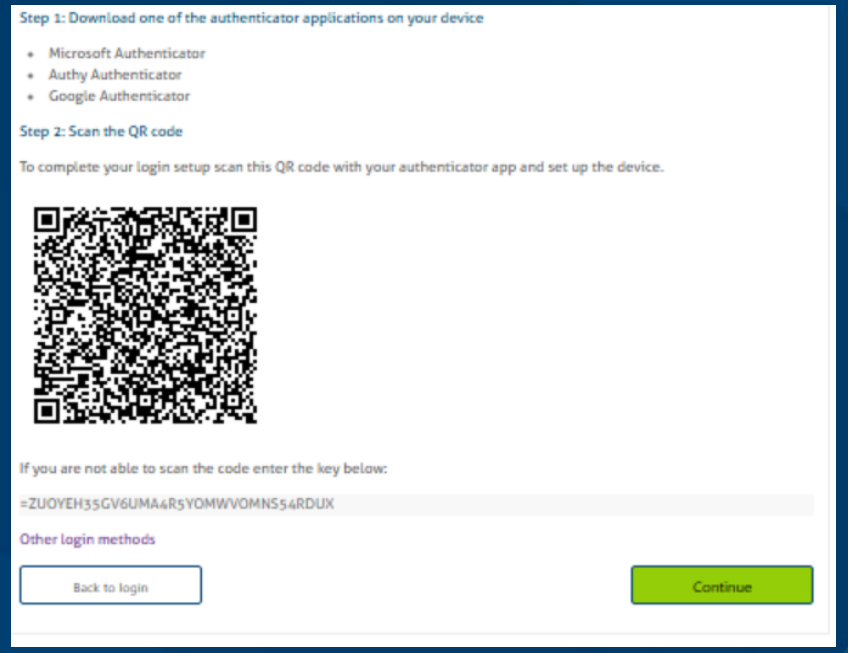




Step 5

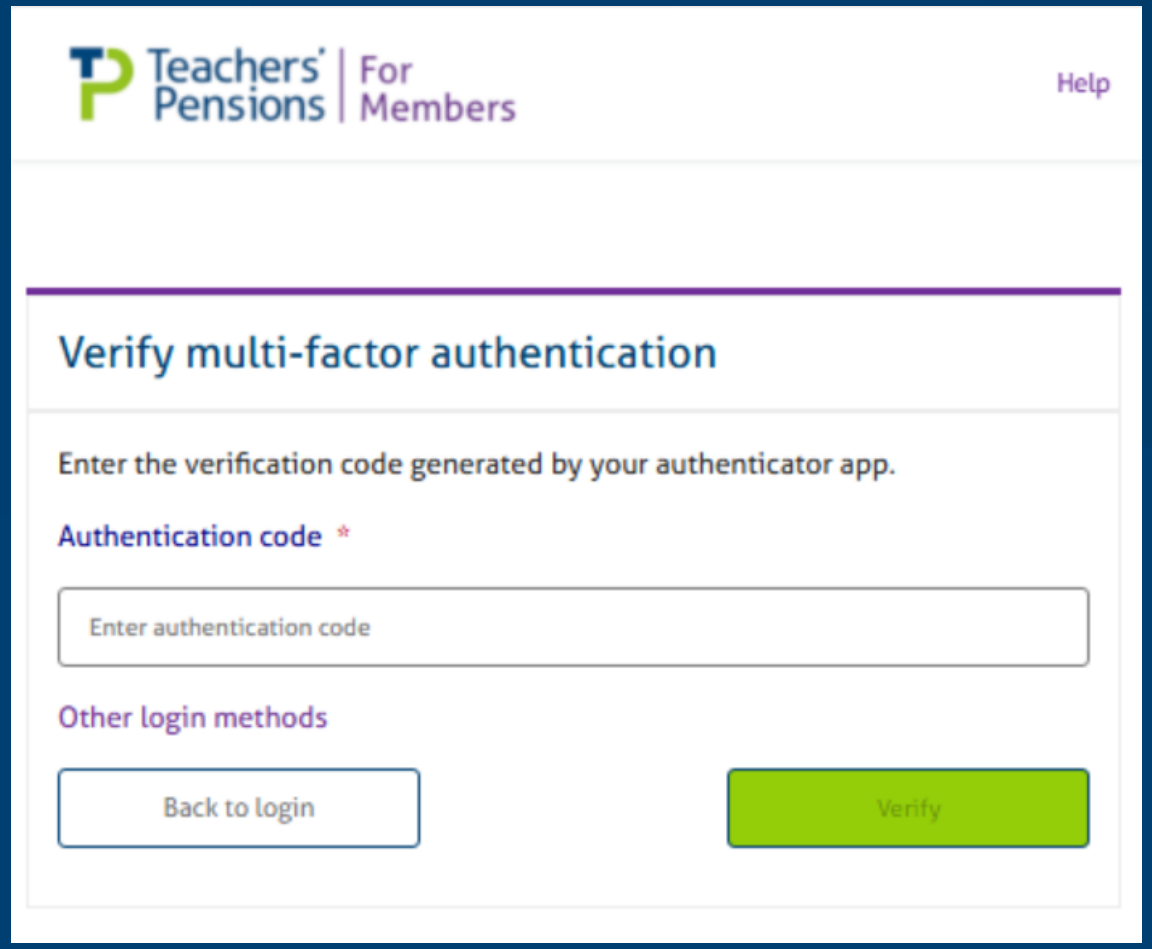
Once you've successfully verified your information, you'll be asked to set up your password.

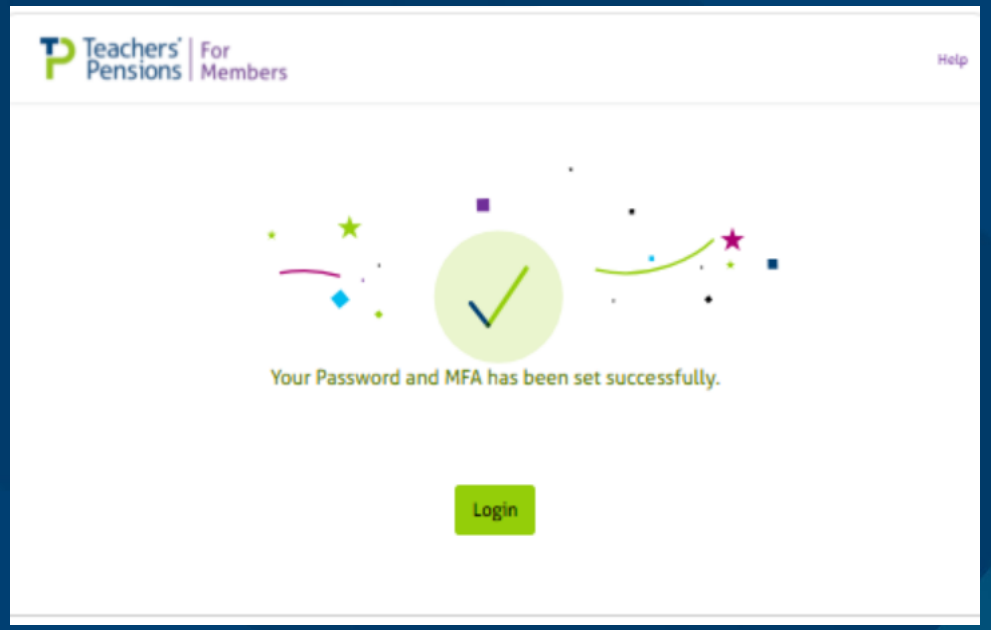
Step 6

Next, you'll need to set up multi-factor authentication (MFA) on a device such as your mobile phone. You can use an authenticator app, such as **google authenticator** or **Microsoft authenticator**, to generate authentication codes.

To complete the setup, scan the **QR code** displayed on the screen using your chosen authenticator app.

Logging into MPO for the first time





Step 7

Verify your MFA method - The code displayed in your multi-factor authentication app then needs to be entered here to verify the authenticator.

Upon successful authentication, you'll be able to log in as normal and visit your dashboard.