My Pension Online (MPO)

Log in - Guidance for members already registered for MPO.

Teachers' Pensions

September 2026 v0.1

Logging into My Pension Online (MPO)

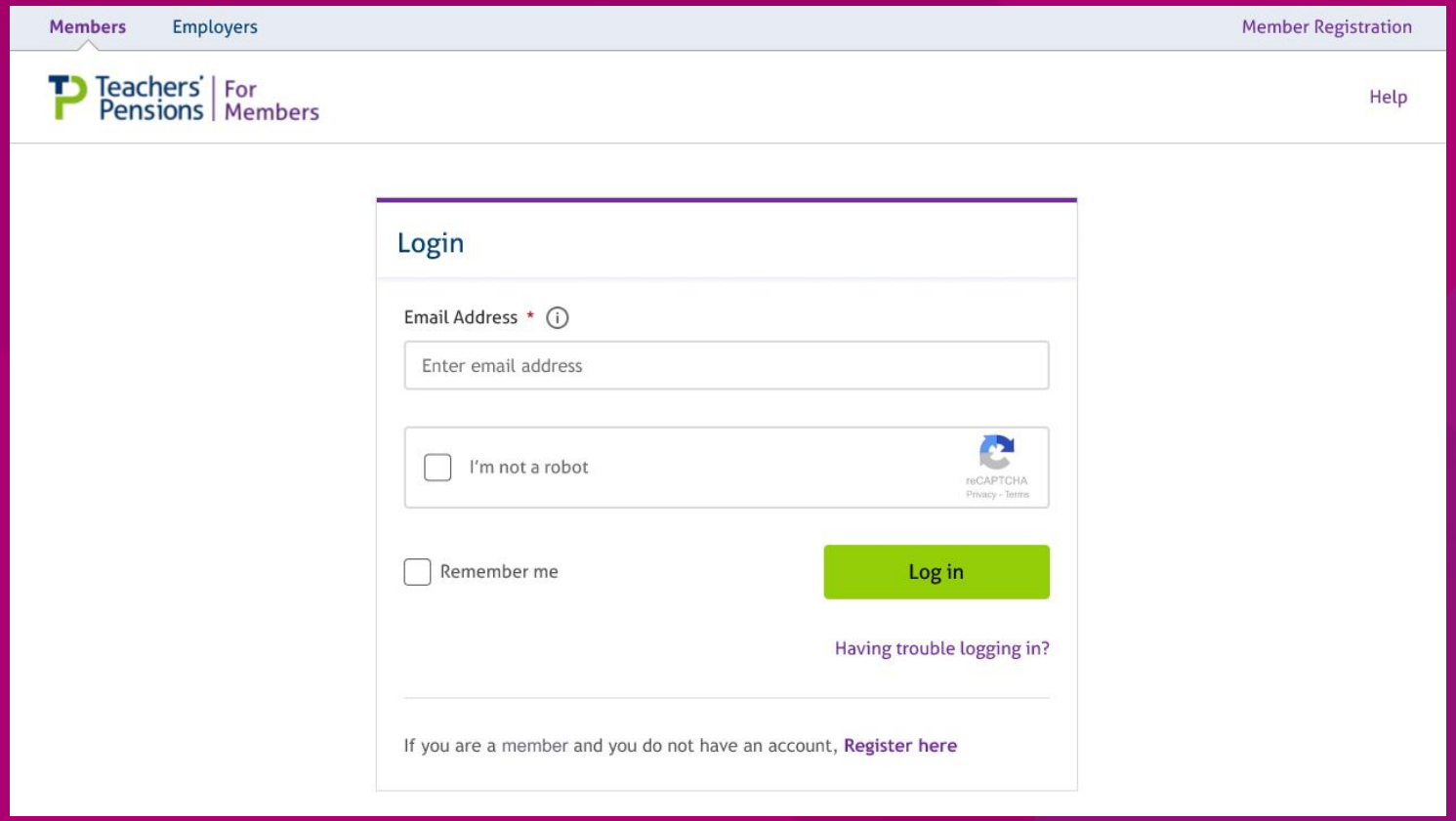
- Following the transition of the Teachers' Pension Scheme administration, you'll need to re set your password and multi-factor authentication method (MFA) as part of your first log in. This is to ensure your account remains secure.

- To do this you'll need personal details, including:
  - The email you used to register and log in to MPO with previously
  - Date of birth
  - Teacher Reference number (you can find this on your payslip, past Benefit Statement or using the government 'Find a lost TRN' tool - https://find-a-lost-trn.education.gov.uk/start)
  - National Insurance number.

Logging into My Pension Online (MPO)

Step 1

- The website addresses will remain the same following the transition. So please visit: www.teacherspensions.co.uk/members/member-login
- This will bring you to the redesigned log in page. Please enter your registered email address and click ‘Log in’.



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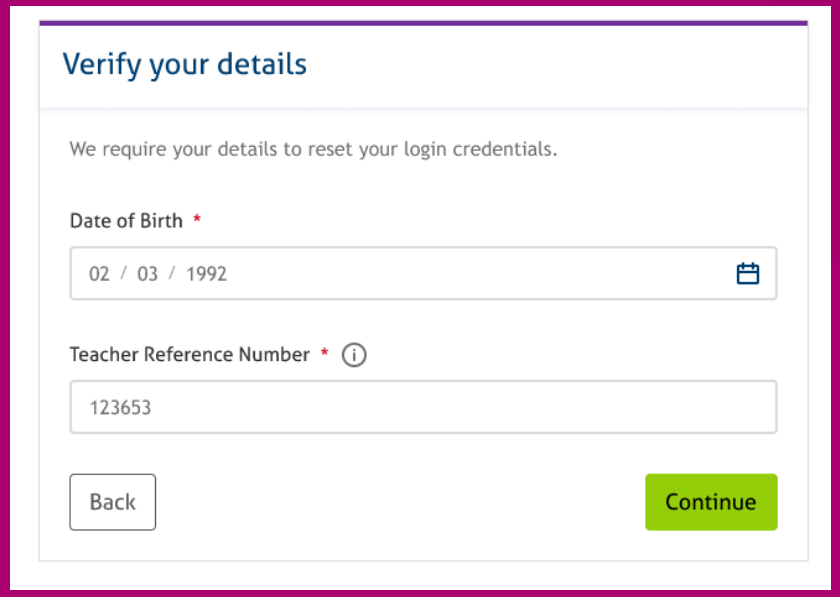
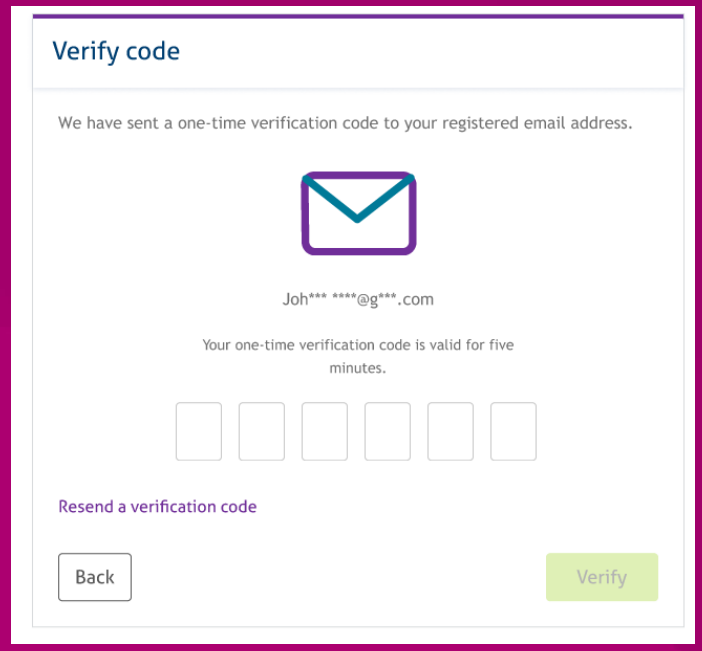
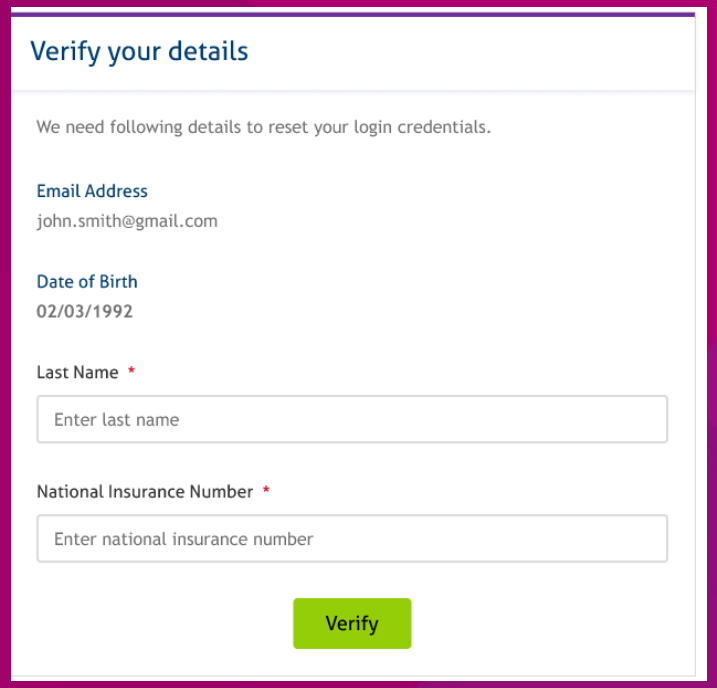






Step 2

- 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

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

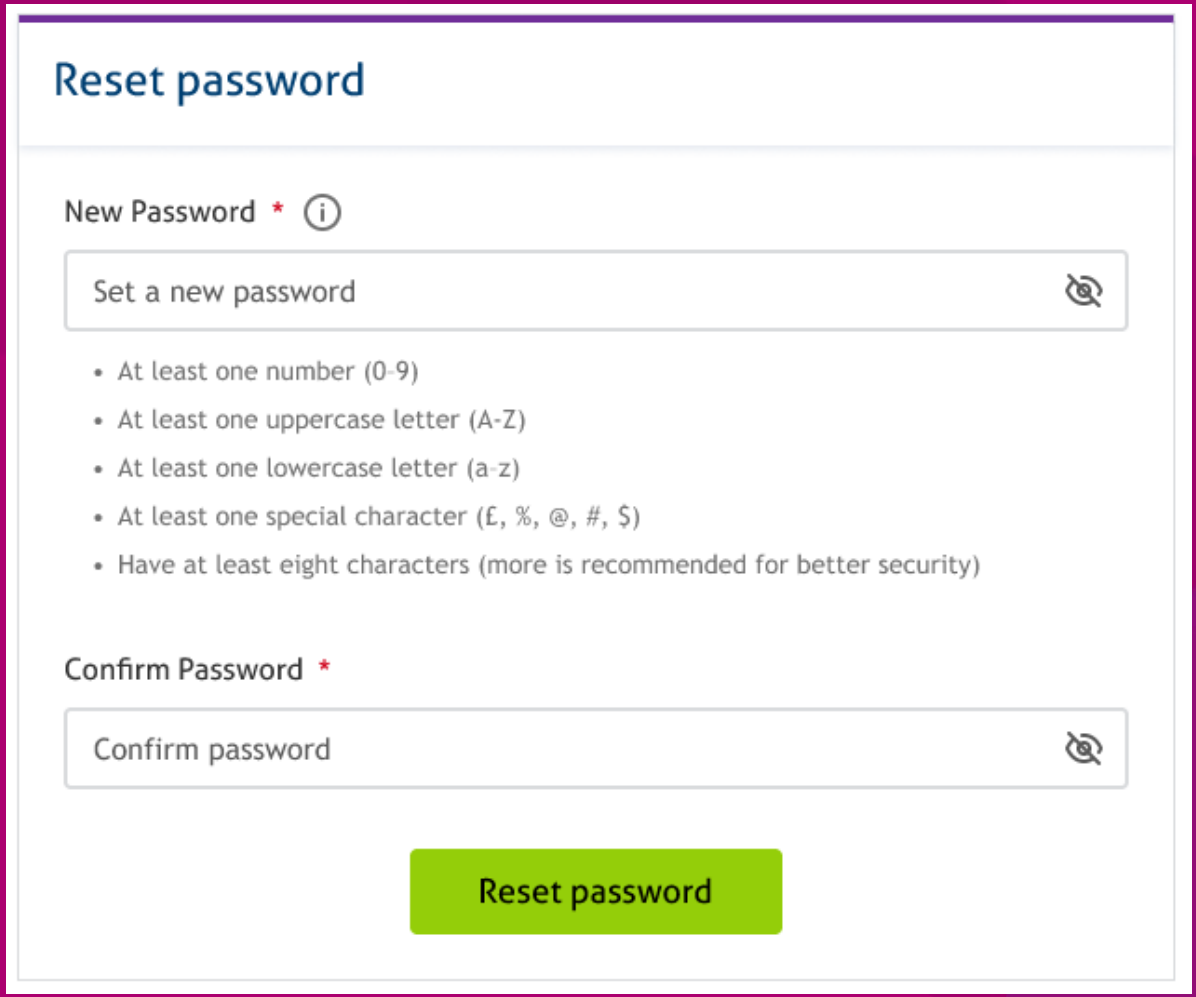
Step 4

- 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.

Logging into My Pension Online (MPO)

Step 5

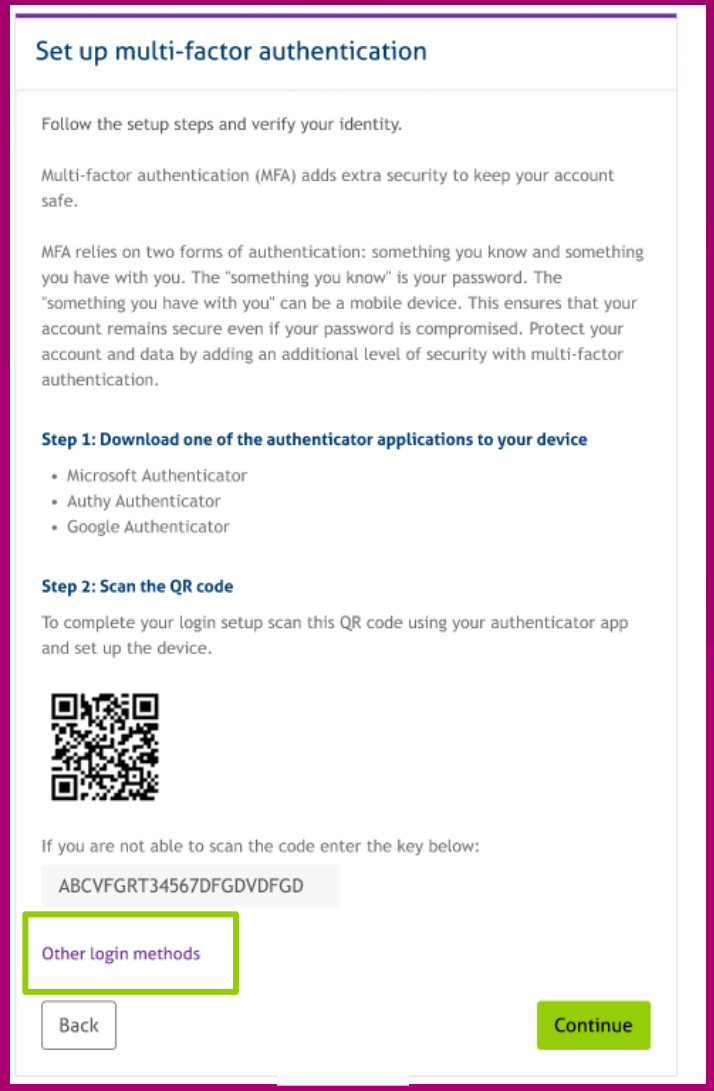
- You can then set a new password, using the rules shown.
- Once you've confirmed your password, please click 'Reset password'.

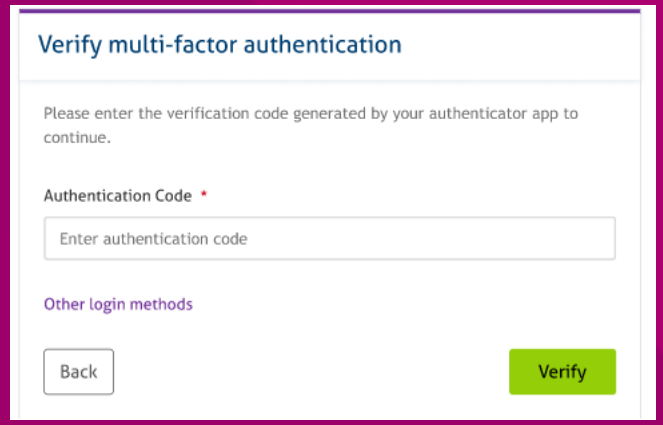


Logging into My Pension Online (MPO) - MFA

Step 6 (APP authenticator)

- 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 or you can use SMS.
- To use the authenticator App method, scan the **QR code** displayed on the screen using your chosen authenticator app.
- The code displayed in your MFA app then needs to be entered here to verify the authenticator.

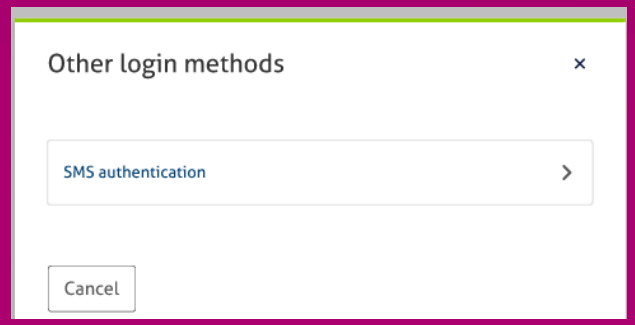




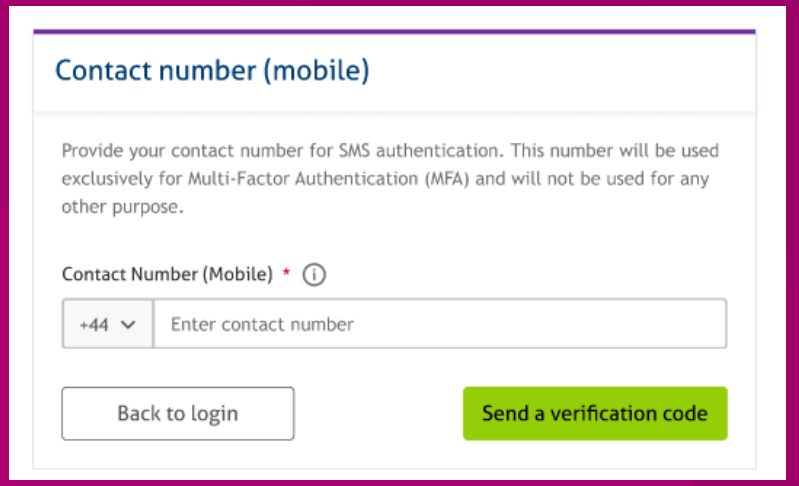
To use SMS as a verification tool - just click 'Other login methods' to set up SMS - we'll show this on the next page.

Logging into My Pension Online - MFA

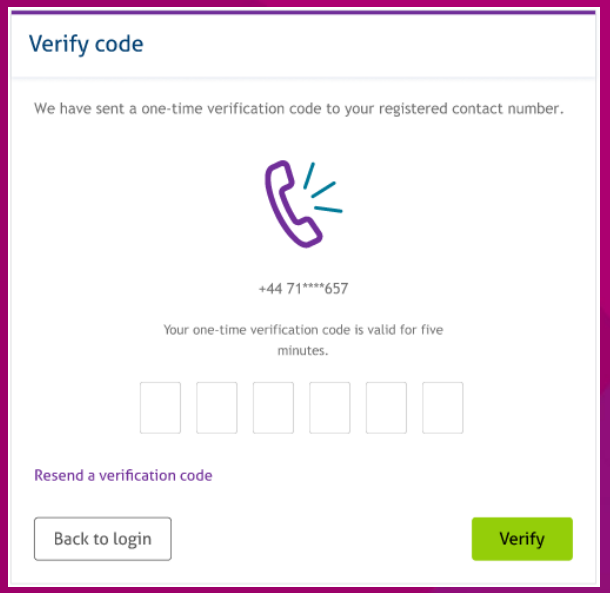
Step 6 (SMS authenticator)



- To use SMS as your authentication method, click on ‘Other login methods’ and then ‘SMS authentication’.

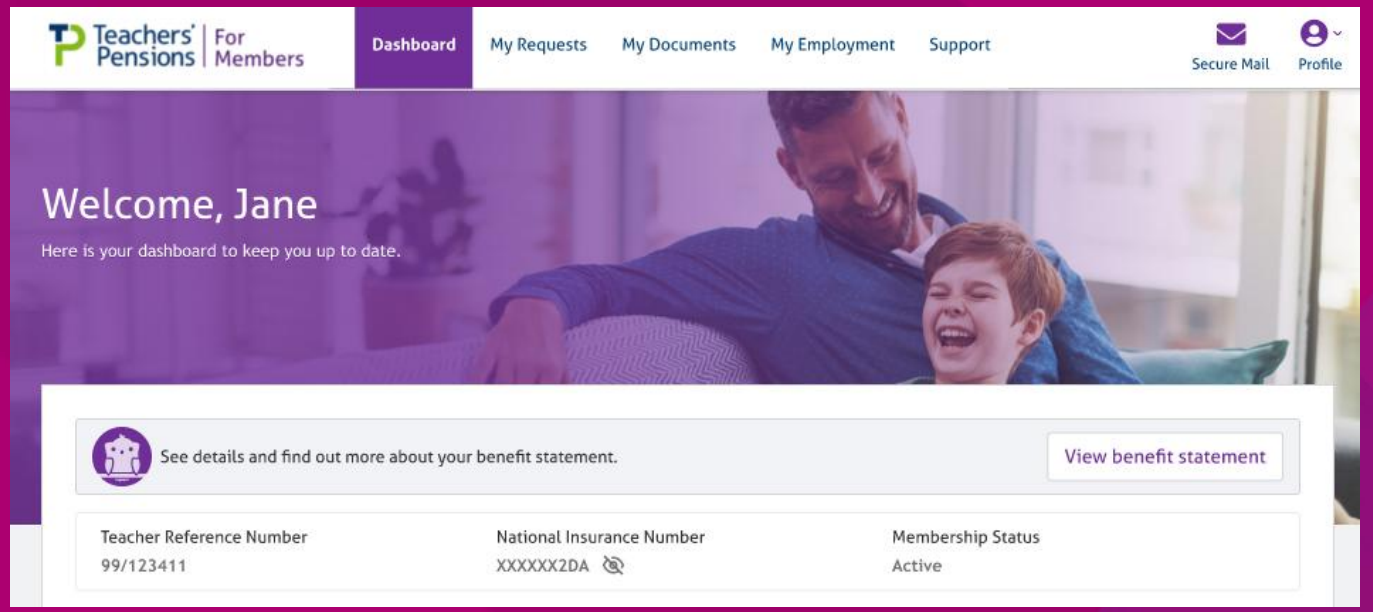


- We’ll then ask for your mobile number (unless you have previously provided one). Once you’ve entered this, click ‘Send verification code’.



- We’ll then send you a code to enter – once you’ve verified your device, you’ll be able to log in as normal.

Logging into My Pension Online (MPO) - Second log in

After following these steps, you'll then be able to log in as normal, using your:

- Registered email address
- New password
- MFA code (either from an authenticator app or SMS).