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**Long Falls Paperboard**

**401K Plan #25O178**

**401K Retirement Plan**

**Access Instructions**

Retirement plan resources you can access anytime, anywhere.

## **Set up your online account - only takes a moment!**

1. **Go to myaccount.ascensus.com.**
2. Look for “Set Up Your Online Account” at the bottom of the screen.
3. Click “Get Started”
4. Or **Call 1-866-794-2145** (Monday through Friday 8am-8pm EST,

24/7 automated response)

### Enroll in the Plan

Once you’ve registered online, enrolling is simple. Just follow the prompt to set your contribution rate and select your investments. Information about the choices available in your plan is always just a click away.

**Plan**

Use the Retirement Outlook calculator to try out personalized planning scenarios.

**Stay Informed**

Make decisions with easy access to investment account information, educational materials, and more!

**Take Action**

* Change your contribution rate.
* Manage your investments.
* Update a beneficiary.

**Visit myaccount.ascensus.com or call 1-866-794-2145 to get started.**