

## How Do I Locate an Old 401(k) That I Think I Contributed to At a Former Employer?



There are four ways to locate information about an old 401(k) plan:

The first and best method of locating an old 401(k) is to contact your old employers. Ask them to check their plan records to see if you ever participated in their 401(k) plan. Be sure to have ready your full name, social security number and the dates you worked for them.

Due to mergers, bankruptcies, relocations, etc. it often is not possible to locate a former employer. In these cases, locate an old 401(k) plan statement to see if it contains any contact information for the firm that administered the plan. If it does, call them and ask if they can check on your account. One other method is to contact several former employees you worked with and see if they still have any records that will help you locate the administrative firm.

Most plans are required to file an annual "Form 5500" with the U.S. Government. You can search these 5500's for the name of your former employer at free websites like [www.freeERISA.com](http://www.freeERISA.com). If you can find Form 5500 on an old plan, it will have contact information.

Check with [The National Registry](http://The National Registry) to see if your former employer has listed you as a missing participant. The registry is a nationwide, secure database listing of retirement plan account balances that have been left unclaimed. This website is designed to help match employers with abandoned or forgotten employee retirement account balances with the former employees.