



## Are you receiving the latest news and updates?

Throughout the year, our ICMA-RC representative sends important information via email, especially now, to keep you up-to-date. Many participants don't have an email address on file, their email is invalid or misspelled, or they've opted out from receiving emails from ICMA-RC. Updating your email address and changing your settings can be done online or over the phone with our ICMA-RC representative. Here's how:

- ✓ Log in to your account at [www.icmarc.org](http://www.icmarc.org).
- ✓ Click on *My Profile* to update your contact information and email settings.
- ✓ While logged in, check your beneficiary information, too!

If you need assistance, contact our representative or [click here](#) to reserve a phone appointment.

### Questions about your ICMA-RC retirement accounts?

#### Contact our representative:

Ray Ortiz

Retirement Plans Specialist

[rortiz@icmarc.org](mailto:rortiz@icmarc.org)

C: 202-815-4116

[Reserve a phone appointment.](#)