



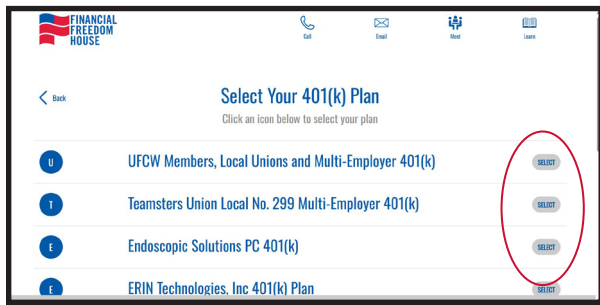
# Endoscopic Solutions 401(k) Plan Online Instructions

## Online Tools and Resources

Visit <https://www.YourFFH.com> to register your account and log in.

1. Upon first entering the website, you should see the screen shown on the right. Click the **'Select'** button next to **401(k) Participants**.

2. Next you will be directed to a list of employers, here you will choose an employer. Find your employer and click **'Select'** next to their name.



**NOTE:** If you are in a union eligible job, you will need to select the appropriate union to find your employer.

Once you find your employer, you will be able to create an account, view your 401(k) balance online, as well as change beneficiaries, change investment elections, view old statements and more.

3. (See image - right) To register your 401(k) portal, click the **'Login'** button located next to **View Your 401(k) Online**. This will take you to a new tab that appears like the image in the lower right corner.

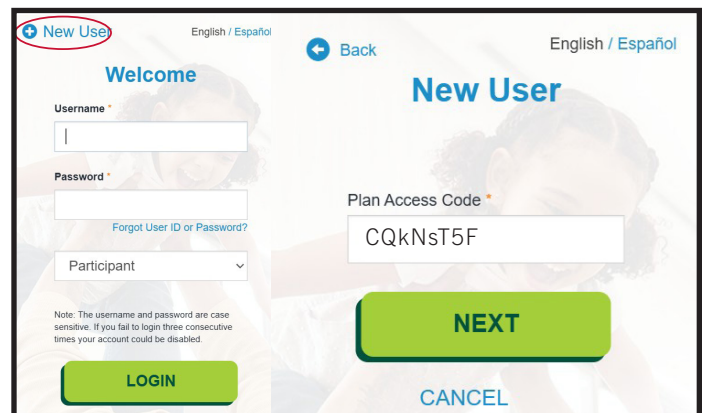
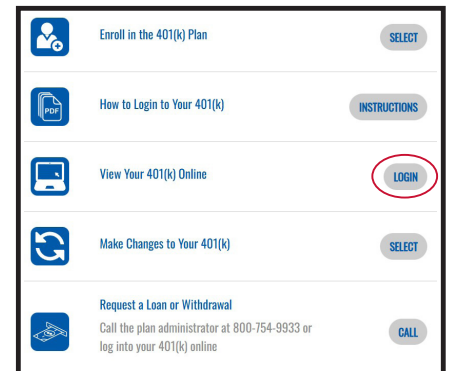
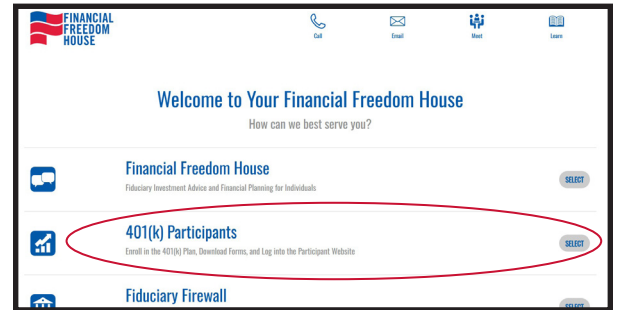
**Returning Users:** enter your Username and Password, then click **'LOGIN'**. If you forgot your username or password, click the **'Forgot User ID or Password?'** this will send you an email to reset your information.

4. (If it is your first time logging in) Click **'+ New User'**, then you will be redirected to a new screen enter to **Plan Access Code** for your 401(k) plan.

5. Enter the Plan Acces Code shown below and click **'Next'**. From here you will be able to set up your new account.

If you need assistance getting your account set up or logging in or if you have questions about your retirement account call **800-754-9933** or send an email to **Service@YourFFH.com**

If you would prefer paperwork mailed to your home instead of going online, give us a call.



**Plan Access Code: CQkNst5F**  
as of 04/20/2026