

# UFCW Members, Local Unions, and Multi-Employer 401(k)



Visit [YourFFH.com](http://YourFFH.com) or Use the QR Codes Below to:

- Access your participant website to view account information and performance, change your investment elections, request a loan or withdrawal, view old statements, etc...
- Fill out and submit web forms to increase/decrease the amount you're saving, change how your account is invested, and update your beneficiaries.\*
- Download enrollment materials and enroll in the plan.\*



Complete an Enrollment Form



Change the Amount You're Saving

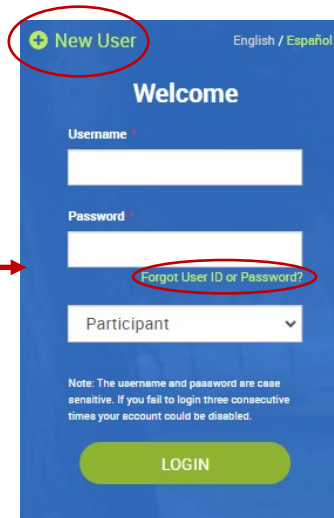
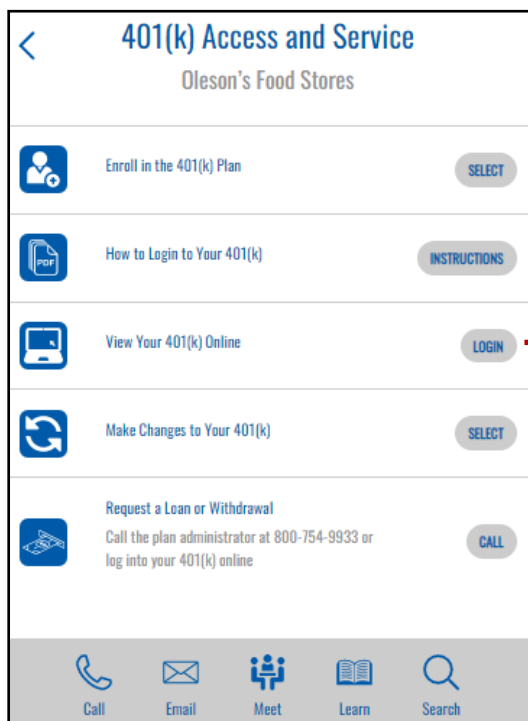


Change Your Investment Election



Update Your Beneficiaries

## How to Set Up Online Access to Your 401(k) Account



### New Users

Press the **+New User** in the upper left corner  
Follow the prompts to set up your account.

### Plan Access Code

**3GtexZqd**  
as of 8/26/2025

### Returning Users

Enter your Username and Password  
Make sure "Participant" is selected

If you forgot your Username or Password, press the green text below the Password field. This will email you a link so you reset your information.

If you're having difficulty logging in or if your account has been frozen, call the Service Team at 800-754-9933

To speak with someone about your account or to get your investment and retirement questions answered call (800) 754-9933 or send an email to [Service@YourFFH.com](mailto:Service@YourFFH.com)

If you'd prefer to have paperwork mailed to your home instead of going online and filling out a web form, just give us a call.