



COMPLETING YOUR EXPRESSION OF WISH FORM ONLINE

You can access your personal information electronically on the Momentum [MRA] Member Portal via the NTRF website. You should annually update your **Expression of Wish Form (previously called the Beneficiary Nomination Form)** because it guides the trustees in the distribution of your member benefit when you pass on.

Should you wish to add or change an **Expression of Wish Form**, please do the following:

STEP 1

Go to the NTRF website at www.ntrf.co.za



STEP 2

Select **"Forms"** on the home page



STEP 3

This will open the page to various forms. Click on the link under the **Expression of Wish button**. This will open the Momentum member portal



Click here to capture your expression of wishes online.

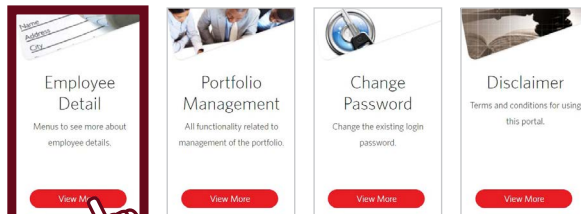
STEP 4

Log in on the **MRA portal** from the NTRF website – or **register on the portal** if you have not yet done so



STEP 5

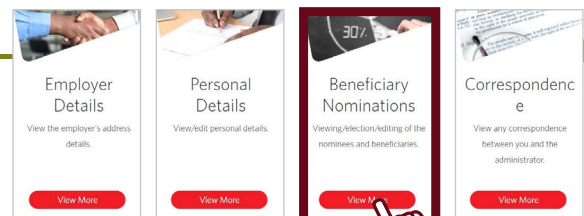
On the home page, select **"Employee Details"**



STEP 6

Then select **"Beneficiary Nominations"** to access the Expression of Wish Form

NOTE: On the MRA portal the form is referred to as a Beneficiary Nomination form



Complete the Expression of Wish Form and remember to **save** the completed form

STEP 7

STEP 8



You can **print** your Expression of Wish Form before you **log out**

The **Expression of Wish Form** will be stored on the MRA system. If you want to let your employer know that you have updated your form or should you wish to have a record of your update, you can download a confirmation letter to confirm the update. Your Expression of Wish Form will be stored on the employer portal for their utilisation as required.



SECURITY FEATURES

The **MRA portal** is protected by the latest encryption technology to keep your personal information safe and confidential. Should you need information on any matter relating to the fund, please send an e-mail to ntrf@momentum.co.za.