

WEB-SITE LOG IN INSTRUCTIONS:

1. Open your browser (e.g. Internet Explorer) and log into our website: www.benstrat.com . Click on **FSA/HRA/Transit/Parking – Participant Login – Benefit Strategies – NH Office – Participant Login.**

Login

Username:

Password:

Login

Can't login?

[I forgot my username](#)

[I forgot my password](#)

New user?

[Create your new username and password](#) ← **New Users CLICK HERE!**

2. **First time Users:** Click on “Create your new username and password” to create your new account.

OR

3. **Log in using the following:**

USERNAME: Your username will be your *first name initial* followed by your *entire last name* and the *last four digits of your social security number*

Example: Jason Smith, SSN: 121-22-3456.
Username: jsmith3456.

PASSWORD: *changeme*

If this is your first time logging in to our enhanced web-site, use **changeme** as your password. You will then be instructed to create a new and unique password.

Change Username and Password

Please change your login information

Username:* tconsumer

New Password:*

Confirm Password:*

Security Question:* What is your mother's maiden name? ▾

Answer:*

Email:

By providing an email address, you will receive communications from Heidi Administrator electronically about your benefits in lieu of paper documents. Your email address will not be shared or used for any other purpose.

Submit

The password must:

- Have a minimum of 6 characters
- Not be one of your last 3 passwords
- Contain upper and lower case letters
- Contain at least one number .