Meet with your NC 401(k)/NC 457 Plans' Retirement Plan Counselor

Your counselor is available to meet with you to provide personalized assistance with the following:

- Enrolling
- Increasing your contributions
- Reviewing the investment options
- Conducting an account review
- Reviewing options when changing jobs and nearing retirement

Your counselor is a salaried professional who can help you meet your retirement savings goals. To set up an appointment—over the phone, in person or virtually—with your counselor, use their contact information provided on the right.

Sean Martin
Retirement Plan Counselor
Email: sean.martin@empower.com
Phone: 704-219-9431
Calendar access:
https://seanmartin.empowermytime.com/#/

Where can you go for information?
Visit **myNCPlans.com**.

North Carolina Retirement Systems
NC 401(k) & NC 457 Plans