



Your 2026 monthly pension payment schedule

Here is your 2026 pension payment schedule. Keep this information handy so you will know when your monthly pension payment is being sent to your bank or financial institution via electronic funds transfer (EFT).

Pension payment EFT dates will not be provided by the Verizon Benefits Center

The EFT date in this schedule is the date the deposit reaches your bank or financial institution. It may take up to 24 hours for the funds to be deposited into your individual account.

2026 pension schedule

Month	EFT date
January	Friday, January 2
February	Friday, January 30
March	Friday, February 27
April	Wednesday, April 1
May	Friday, May 1
June	Monday, June 1
July	Wednesday, July 1
August	Friday, July 31
September	Tuesday, September 1
October	Thursday, October 1
November	Friday, October 30
December	Tuesday, December 1

If your contact information changes

If your address, email or phone number changes, remember to update the Verizon Benefits Center to ensure you receive important benefit and tax information. Go to [BenefitsConnection](#). From the home page, click on your name at the top of the page. From the Profile page, click on Contact Information > Change.

You can also update your contact information by calling the Verizon Benefits Center at 855.4vz.bens (855.489.2367). Representatives are available Monday – Friday, 9 AM – 5 PM Eastern time.

Review your payment history

Review your current or historical pension payment information on the Principal Retirement Center online website at [principal.com](#).