



Your 2026 quarterly payment schedule

Here is your 2026 quarterly payment schedule. Keep this information handy so you will know when your check is being mailed.

Quarterly payment mail dates will not be provided by the Verizon Benefits Center

If you have not received your quarterly check by the eighth business day following the mail date and you would like your check reissued, contact the Verizon Benefits Center.

2026 quarterly check schedule

Quarter	Mail date
Q1	Friday, December 26
Q2	Friday, March 27
Q3	Friday, June 26
Q4	Friday, September 25

Enroll in direct deposit to receive payment faster

Having your quarterly payment direct deposited into your bank account or other financial institution is fast, easy and convenient.

If you are receiving an ongoing pension payment AND a quarterly payment you can update to direct deposit via [BenefitsConnection](#). To enroll in direct deposit, go to [BenefitsConnection](#) > Pension. Under Payment allocation, click Update. If it's your first time accessing [BenefitsConnection](#), you'll need to complete your one-time user registration—just follow the simple, on-screen instructions.

If you are receiving a quarterly payment ONLY

Complete the form below and return it to the Verizon Benefits Center. If your form is received by the 10th of a month, the next quarterly payment will be made by direct deposit into your account.

If your contact information changes

If you are receiving an ongoing pension payment AND a quarterly payment, you can update your contact information via [BenefitsConnection](#). 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.

If you are receiving a quarterly payment ONLY

You can 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 quarterly payment information on the Principal Retirement Center online website at principal.com.

VZN 2026 Qtrly Check

Verizon Benefit Payment Direct Deposit Authorization

Please complete the following information and return your signed form to the Verizon Benefits Center at the address below to have all of your benefit payments made directly to your designated account.

Financial Institution Information

Type of Account: ☐ **Checking** or ☐ **Savings**

Name of Bank or Financial Institution: _____

Verify the numbers provided below with your bank or financial institution to avoid errors that may delay your benefit payments. You may also attach a check to this form, as it will include your account number and bank routing number (make sure you write "VOID" across the check in large letters.)

Account Number: _____

FRB Routing Number (nine digits): ____ ____ ____ ____ ____ ____ ____ ____ ____

Establish or Change Direct Deposit Option

I authorize the Verizon benefits payer to deposit all of my benefit payment(s) directly into the account named above. This authorization will remain in effect until I change it by submitting a new Verizon Benefit Payment Direct Deposit Authorization, or until I have requested that this authorization be cancelled by calling the Verizon Benefits Center. I understand that I must give adequate notice and allow reasonable time for my instructions to be processed. If an incorrect amount should ever be paid into my account, I authorize the Verizon benefit payer to direct my bank or financial institution to make the appropriate credit or debit adjustment to correct the error.

First Name: _____ Middle Initial: _____ Last Name: _____

Signature: _____ Date: _____ Phone: _____

Last four digits of Social Security Number: XXX-XX-____ ____ ____ ____ (Required)

For more information

If you need additional information, call the Verizon Benefits Center. Make sure you have the last four digits of your Social Security Number, your date of birth, and Benefits Center password available. Then call 855.4vz.bens (855.489.2367). Listen to the main menu to make your selection and then follow the prompts to reach a representative.

Return this completed form to:

**Verizon Benefits Center
P.O. Box 8998
Norfolk, VA 23501-8998**

If electronic funds transfer is not available from your bank, credit union, or financial institution, your benefit payments cannot be made by direct deposit and will continue to be paid by check and sent to your address as listed on the BenefitsConnection website.