



Your 2026 quarterly payment schedule

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

Quarterly 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 quarterly EFT schedule

Quarter	EFT date
Q1	Friday, January 2
Q2	Wednesday, April 1
Q3	Wednesday, July 1
Q4	Thursday, October 1

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](#).