ILWU-PMA BENEFIT PLANS /
International Longshore & Warehouse Union —
Pacific Maritime Association www.benefitplans.org
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ILWU-PMA Pension Plan
ILWU-PMA Welfare Plan
ILWU-PMA Watchmen Pension Plan

THIS IS FOR ELECTRONIC FUND TRANSFER (EFT) PARTICIPANTS ONLY

ELECTRONIC FUND TRANSFER DEPOSIT DATES FOR THE YEAR 2026
PENSION PAYMENTS

MONTH OF PAYMENT	DATE CREDITED TO YOUR ACCOUNT
January	1/2/2026 – Friday
February	2/2/2026 – Monday
March	3/2/2026 – Monday
April	4/1/2026 – Wednesday
May	5/1/2026 – Friday
June	6/1/2026 – Monday
July	7/1/2026 – Wednesday
August	8/3/2026 – Monday
September	9/1/2026 – Tuesday
October	10/1/2026 – Thursday
November	11/2/2026 – Monday
December	12/1/2026 – Tuesday
January 2027	1/4/2027 – Monday

Protect Yourself from Direct Deposit Fraud

Fraudsters may attempt to intercept or redirect pension payments by impersonating legitimate organizations, including financial institutions and government agencies or even **YOU**. Fraudsters may contact you by phone, email, or text message, claiming to need personal information to "update" your direct deposit details. They may ask for sensitive information such as your bank account number, Social Security number, or other personal details and may try to impersonate you by forging your signature on documents. (The Benefit Plans Office verifies signatures on all Pension forms.)

- Never share your personal information (e.g., bank account details or Social Security number) with anyone who contacts you unexpectedly.
- Verify suspicious messages: Always call your bank or the Pension Plan directly using a trusted contact number (not one provided in the suspicious message) to verify any requests for information.
- Use official channels: If you need to update or change your direct deposit details, contact us at 415-673-8500 to find out how.

If you believe you have been targeted or have provided personal information to a scammer, we recommend that you:

1. Immediately contact your bank to report any suspicious activity.
2. Alert the Pension Plan here to ensure your payment details are secure.
3. Report the incident to your local authorities or consumer protection agency.

We are committed to ensuring your pension payments are safe, and we encourage you to remain vigilant. PROTECTING YOUR FINANCIAL SECURITY IS OUR PRIORITY.