You may also visit TSP.GOV and log into “My Account” to perform many of these transactions and inquiries.

Protect your TSP account. Learn more at tsp.gov/protect

ThriftLine
1-877-968-3778
Available 24 hours a day, 7 days a week.
Outside the U.S. and Canada:
404-233-4400
TDD: 1-877-847-4385
Option 1—Account Information and Transactions

Select option 1 for the Account menu.

For Your Security
Enter TSP account number and #
Enter PIN and # or to request a PIN press 1 and #

Account Menu
1. Account Balance
2. Contribution Allocations
3. Interfund Transfers
4. Loans
5. Withdrawals
6. PIN Change
7. Mailed TSP Materials
8. Mailed Statements

* If you have civilian and uniformed services accounts, you’ll be taken to the account associated with the PIN you entered. If your PIN is the same for both accounts, you’ll be asked which account you wish to access.

Option 2—Plan Information

Select option 2 for the Plan Information menu.

1. Share Prices
2. Rates of Return
3. Current Loan Interest Rate
4. Current Annuity Interest Rate Index
5. Plan News
6. Fax Back Materials Request

Option 3—All Other Inquiries

Select option 3 to speak to a Participant Service Representative.

Available 7am–9pm (eastern time)