How to Request a New myPay Password

myPay provides convenient access to a range of information about your payments, and lets you easily update your contact information or your tax withholding, check your SBP coverage and your AOP beneficiary (retirees), submit your annual certification (annuitants), or download your tax documents. And when you have an email address in myPay, you can receive important email messages from DFAS about your pay account and information from your branch of service. myPay is available using the internet from your computer or your mobile device browser at: https://mypay.dfas.mil

If you have used myPay, but don’t remember your myPay password, just follow the steps below.

1. Click the “Forgot or Need a Password?” link on the myPay homepage.
2. Enter your Login ID or Social Security Number, check the box affirming you are the account owner, and click "Continue".

3. If you completed the security questions, you’ll be presented three security questions to answer. When finished answering the questions, click “Check my Answers”.

4. If you haven’t set up security questions or answer them incorrectly, you’ll get the option to have a temporary password sent to you.
5. Once you succeed in answering the security questions, you'll be prompted to create a new password. Please follow the guidelines provided on the page to create a strong password. Enter your new password twice, then click the “Change Password” button.

6. Your Login ID and password are the keys to keeping your retired or annuity pay account current, so be sure to remember them!