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Keeping track of your super

Your super is your savings for retirement. It is important to be aware of what super accounts you have, how much is being contributed, and what insurance they provide.

You may have lost track of some of your super if you have ever changed your name, address, job or lived overseas. If you [work overseas \(/individuals/super/growing-your-super/super-from-my-employer/\)](#) temporarily for an Australian employer they may still be required to pay you super.

Having several super accounts could mean multiple fees and charges are reducing your overall super investment.

Note: The SuperSeeker online service is no longer available for use. Individuals can [check their super](#) using ATO online services through myGov.

Watch:



Check your super

Check and manage your super by creating a [myGov \(http://www.my.gov.au\)](http://www.my.gov.au) account and linking to the ATO. You can then:

- see details of all your super accounts, including any you have lost track of
- find lost super held by super funds that you can rollover into a super account of your choice
- find ATO-held super – if the government, your super fund or your employer can't find an account to transfer your super to, we hold it on your behalf

- combine multiple super accounts by transferring your super into your preferred super account – before consolidating, check you will not lose valuable insurance.

To find out how much you contributed to your super fund so you do not exceed the superannuation contribution caps, phone us on **13 10 20**.

See also:

- [Access myGov via the ATO app \(/General/Online-services/ATO-app/\)](/General/Online-services/ATO-app/)
- [ATO-held super \(/individuals/super/in-detail/keeping-track/ato-held-super/\)](/individuals/super/in-detail/keeping-track/ato-held-super/)
- [Growing your super \(/individuals/super/growing-your-super/\)](/individuals/super/growing-your-super/)
- [Online services for individuals and sole traders \(/General/Online-services/Individuals-and-sole-traders/\)](/General/Online-services/Individuals-and-sole-traders/)
- [Super for individuals \(/Individuals/Super/\)](/Individuals/Super/)

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Our commitment to you

We are committed to providing you with accurate, consistent and clear information to help you understand your rights and entitlements and meet your obligations.

If you follow our information and it turns out to be incorrect, or it is misleading and you make a mistake as a result, we will take that into account when determining what action, if any, we should take.

Some of the information on this website applies to a specific financial year. This is clearly marked. Make sure you have the information for the right year before making decisions based on that information.

If you feel that our information does not fully cover your circumstances, or you are unsure how it applies to you, contact us or seek professional advice.

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