



## Your NHS Pension

Find out more about the benefits of being in the NHS Pension Scheme, both now and in the future

Being in the Scheme provides lots of important benefits for you and your family, including:

- **a pension payable for life**, fully guaranteed by the government
- **the choice of when you take your pension** - depending on the type of member you are, you could take your pension whilst continuing to work
- you can swap some of your annual pension for a **one-off lump sum** when you retire
- **ill health retirement pension** should you become too ill to work
- **death benefits** including lump sum and a pension for partners and dependent children
- ways to **increase the value** of your NHS pension

# Come and talk to us to find out more about your NHS Pension

## Have you seen your Total Reward Statement (TRS)?

Your TRS is an online, one stop destination to find details of your pay, pension and benefits from the last financial year.

It's easy to access. If your employer uses ESR self-service, you can access your statement by clicking the link in the portal, or you can visit our website for more ways to access.

## Join one of our free member events

We organise regular, online member events. These events provide an overview of the NHS Pension Scheme and its benefits, help you understand your Annual Benefit Statement or Total Reward Statement and explain your retirement options.

You can find out more about the events and how to book a place by visiting the Member events page on the Member Hub of our website.

**Find out more about your pension by visiting the NHS Pension Member Hub**



[www.nhsbsa.nhs.uk/member-hub](http://www.nhsbsa.nhs.uk/member-hub)

**Or get in touch:**



0300 330 1346



[nhsbsa.pensionsmember@nhsbsa.nhs.uk](mailto:nhsbsa.pensionsmember@nhsbsa.nhs.uk)



@nhs\_pensions

