

A man with short brown hair, wearing a grey polo shirt and blue jeans, is smiling while looking at a black smartphone in his right hand. He is also holding a white mug in his left hand. The background is a blurred office setting. The image is framed by magenta and purple curved borders.

# Welcome to **My Pension Online**

The simplest way  
to keep track of  
your pension

# Any time, any place with My Pension Online

My Pension Online (MPO) gives you control and confidence to manage your pension and plan for your future.

MPO is easy to use and the best way to stay up-to-date with everything to do with your pension. Not only can you access your pension information online any time you want, you can interact with your pension in a whole new way.

Here's just a few of the helpful ways MPO can benefit you throughout your teaching career and into retirement.



## 1. Helpful online tools

Dependent on your member status, you can use the My Pension Online calculators to estimate your final lump sum or any additional pension benefits. You can also use the webforms to complete important tasks, like nominating a beneficiary for your pension.



## 2. Updating your personal details

You can make sure that the personal details we hold for you are all up to date.



## 3. Benefit Statement

If you're currently teaching you can view the latest version of your Benefit Statement - just click 'Benefit Statement' on the left hand side menu.



## 4. Employment History

You can view where you worked, when and for how long.



## 6. Safe and secure

Our website complies with government standards of data management to ensure confidentiality, integrity and availability of data. We use Multi Factor Authentication on our login process as an additional layer of security in order to keep your personal data secure.



## 5. P60 and payslips

As a retired member, My Pension Online shows your latest payslips and P60s as well as allowing you to change your bank details.

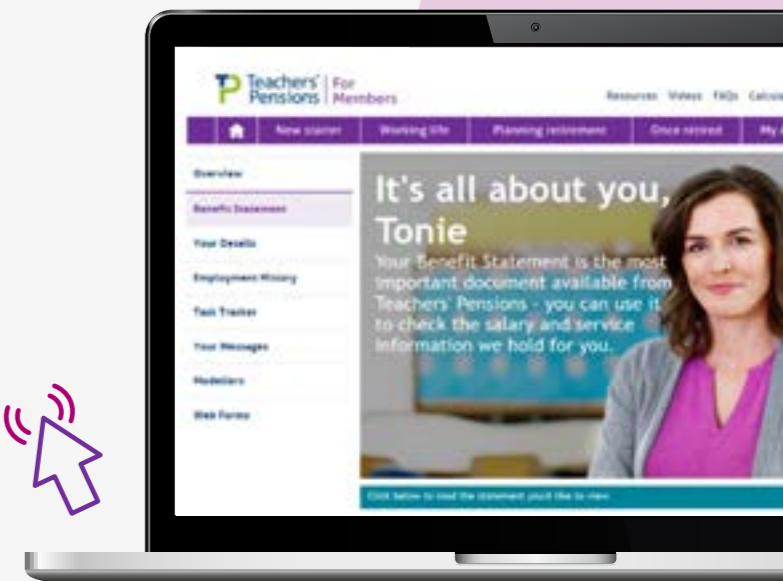
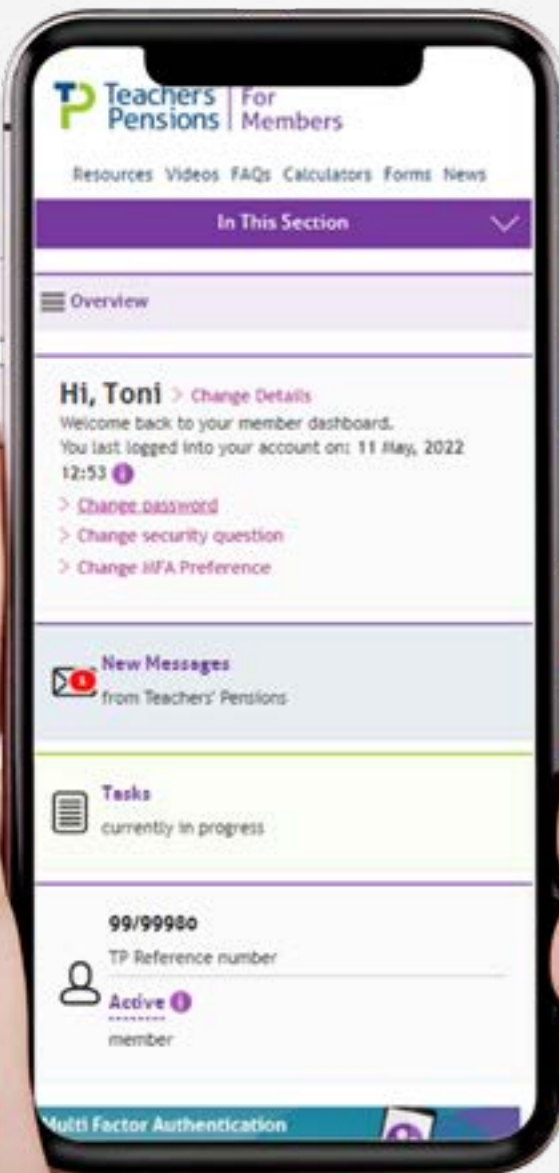


## 7. Submit your pension application

As you reach retirement, you can use My Pension Online to submit your pension application.

The best way to discover everything that My Pension Online can do is to explore it yourself:

Sign in to **My Pension Online** via [www.teacherspensions.co.uk/signin](https://www.teacherspensions.co.uk/signin)



# Need a hand?

The easiest way to contact us is via My Pension Online and to explore our website for any queries you may have.



## Visit us at:

[www.teacherspensions.co.uk](http://www.teacherspensions.co.uk)

If you can't find what you need on our website our Contact Centre is available from 8:30am to 6:00pm, Monday to Friday. To try and reduce any call waiting time please be aware that Mondays and Fridays are our busiest days. If you need to get in touch with us by phone, we advise Tuesday to Thursday.



## Message us on:

Secure web messaging

Open 24 hours day, responses will be sent Monday - Friday, 9:00am to 4:20pm (excluding bank holidays)



## Write to us at:

Teachers' Pensions, 11b Lingfield Point,  
Darlington, DL1 1AX



## Call us on:

0345 606 6166

Monday–Friday, 8.30am–6.00pm