

Stay up to date with your teacher's pension.

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Check in on your teacher's pension

It's important to regularly check in on your pension and make sure you're moving towards the retirement you want. As a deferred member we update your Benefit Statement each year, meaning you can easily see how your pension is building up.

You can view your Benefit Statement via [My Pension Online \(MPO\)](#). If you haven't already registered it's simple to do and only takes a few minutes. You can [register on our website](#). If you're unsure about any of the information in your Statement or how to find it, [view our short video](#).

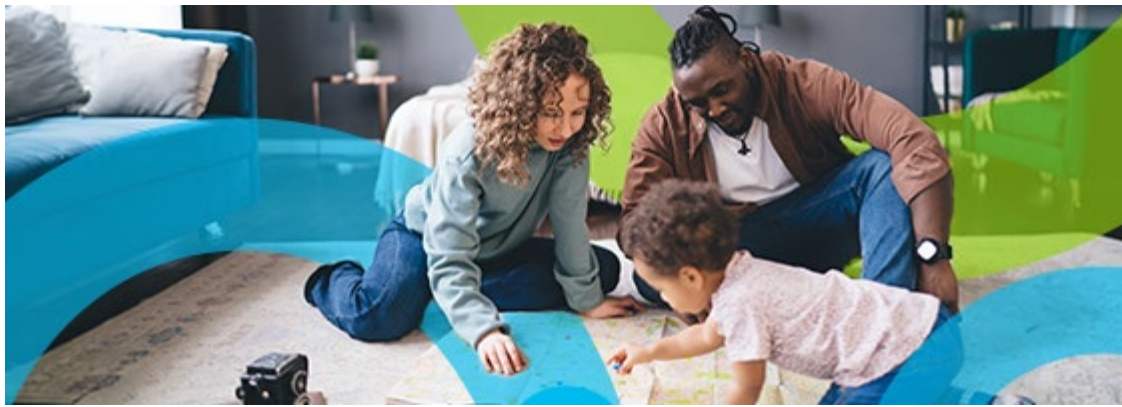
[View your Benefit Statement](#)



Are your personal details up to date?

It's important to ensure your personal details are kept up to date, including any name changes or changes to your address or circumstances. In most cases you can **update your details easily through MPO**.

Due to security reasons we're unable to accept changes to your details via phone, email, or the secure chat/WhatsApp service.



Keep your family protected

Are you aware that even though you're not currently in pensionable employment you may still be eligible for one of the key Scheme benefits in place to protect your family? This is your out-of-service death grant. It's a lump sum paid out to your loved ones if something were to happen to you before you take your retirement benefits.

You can make a nomination on MPO to make sure your grant goes to the person you want it to. You can find out more about this in the **Life Events** section on our website. It's important to make sure you keep this nomination up to date. If you don't have an MPO account, you can **register on our website**.

[Log in to MPO](#)

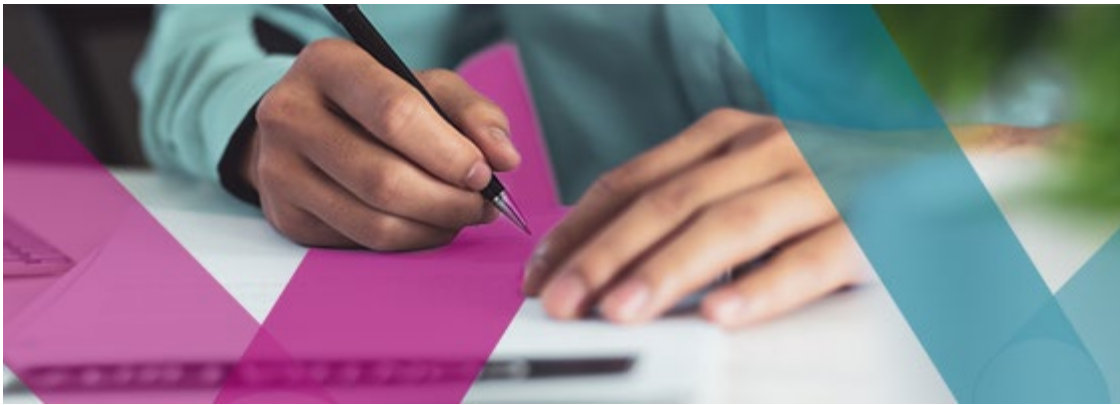


Read our case studies

We know pensions can seem daunting.

To help you get on track, we've put together some case studies to show how other members have made the most out of the Scheme at various stages throughout their career.

[Read our case studies online](#)



Submitting an application

If you're submitting a paper application and already have an MPO account, please make sure you complete the email address section using the email address you used to register for MPO. Using a different email address may cause issues when you next come to log in to MPO.

We always recommend you use a personal email address when registering for MPO rather than a work email.



New calculators

We recently launched our **Scheme Personalised Calculator on MPO** which'll give you a forecast of your pension benefits based on your data.

We've also updated our MPO Family Benefits calculator. This estimates the pension benefits which a spouse or civil partner is entitled to, in the event of a member's death.

[Log in to use our calculators](#)



Have you checked your service history?

Even though you're not currently contributing to the Scheme it's important you check your past service history (this is where we store the information from your previous employers). You can do this easily with MPO.

We use your service to calculate your pension benefits, so it's important that the information is correct to stop any delays when you come to retirement.

We recommend logging in to MPO regularly and ensuring everything is as you expect. If anything is wrong or missing, you can speak to your previous employer and ask them to update it.

[View our missing service FAQs](#)



Providing support

We understand that teaching goes beyond the classroom and now more than ever we want to highlight help that's available to you.

We've created a hub on our website to provide you with links to subjects such as money management, financial wellbeing and supporting your mental health.

[View our Lifestyle Hub](#)



Is it time to re-join the Scheme?

Are you aware of the benefits you're missing out on while you're opted out of the Scheme?

You're missing out on the chance to build your pension up in a Scheme where your benefits are based on your service and salary rather than investments and being in one of only eight pension schemes backed by the government.

Being in service also provides protection if you were to fall ill or pass away while still teaching.

It's simple to pick up where you left off. You just need to complete the Opting in application form on MPO.

[Log in to MPO](#)

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