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[Resources](#)
[Videos](#)
[FAQs](#)
[Calculators](#)
[Forms](#)
[News](#)

[New starter](#)
[Working life](#)
[Planning retirement](#)
[Once retired](#)
[Scheme changes](#)
[My Account](#)

[What is a teacher's pension?](#)

[What is My Pension Online?](#)

[Understand how much you'll pay](#)

[Got another pension?](#)

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We're experiencing high levels of contact, we appreciate your patience at this time.

What is My Pension Online?



To keep up to date with your pension you must [register for a My Pension Online \(MPO\)](#) account. This is a secure portal that allows you to check and manage your Teachers' Pension online in a variety of ways including:-

- Viewing your Benefit Statement*
- Changing your personal details
- Increasing your pension payments to receive additional benefits
- Viewing your employment history
- Nominating a beneficiary for your pension
- Nominating a beneficiary for your death grant
- Providing access to a secure contact us facility
- Tracking any forms you've submitted to see their status
- Accessing pension benefits calculators where you can see how choices at retirement and when you retire will affect your pension.

*Please note you won't be able to view a Benefit Statement for up to two years after entering pensionable employment.

It's easy to [sign up for an MPO Account](#). All you need is:

1. Your personal details
2. Your National Insurance number
3. An email address (we recommend a personal one- as when you change employer you can lose access to your establishment account).

You'll also need to set-up Multi Factor Authentication (MFA) after registration. There are three methods to choose from; SMS, Email or Authenticator App. We recommend you install and use an Authenticator App for MFA, as it offers the highest levels of account protection. More information on MFA can be found [here](#).

You may also require your Teachers' Pensions Reference number, also known as your Department for Education (DfE) number.

For new members starting to teach in Higher or Further Education, you may not have your Teachers' Pensions Reference number and therefore you'll need to speak to your employer or contact us directly.

An MPO account really is the most convenient way to keep track of your pension! [Make sure you sign up now](#).

For more information about My Pension Online and the Teachers' Pension Scheme why not [check out our videos](#) or [read one of our guides](#).

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Video

Find out how to register for My Pension Online.

[➤ Watch our video](#)

Form

Register for My Pension Online today.

[➤ Register now](#)

FAQ

Find out more about My Pension Online.

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