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## Meet Sarah



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Meet Sarah, a P.E. teacher from Sheffield who explains why she finds the Teachers' Pensions website useful for managing her pension.

Sarah uses My Pension Online (MPO) to access her Benefit Statement and employment history and to make sure that all of her personal and contact details are up to date. You can do the same by registering now.

Registering for a MPO account? You'll need;

- A few personal details
- Your National Insurance number
- An email address - we recommend a personal email address

Useful links;

- [Registration \(This link opens in a new window\)](#)
- [Working life \(This link opens in a new window\)](#)

## Forms

Ready to apply? Our forms page has everything you'll need to get started.

- [Forms](#)

## Calculators

Get an insight into how your pension is built and explore your options.

- [Calculators](#)

## FAQ's

Find the answers with our range of Frequently Asked Questions.

- [FAQs](#)

## Our videos



Looking for something else to watch, we've plenty of informative videos to help you understand your pension.

- [More videos](#)

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