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[News](#)

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

[Latest News](#)

[Archive](#)

## Changes to overseas declaration process

During your retirement we need to check in with you from time to time to make sure your details are still up to date.

This means that, every five years\*, if you're a member living abroad you'll be prompted to complete our overseas declaration via My Pension Online (MPO). This used to be a postal process but has been moved online following feedback from members.

\*Annually if you're 90 and over.

Last Updated: 18/03/2019 11:25

### Related Information

[➤ My Pension Online](#)

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## Latest News

The latest policy updates and announcements about the scheme and the news that affects it:

- [Latest factor changes](#)
- [Changes to Lifetime Allowance from 6 April 2024](#)
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