

TPP Quick Tips



Keep your personal information up-to-date!

For changes to your name, mailing address, and/or phone number, you will need to notify your employer.

If your marital status changes, you will need to notify us.



Stay informed Visit our website www.nstpp.ca

- Learn about how the Plan works
- View retirement planning information
- Stay up to date on the Plan's Investment performance

Follow us on social media



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[@yourNSTPP](https://twitter.com/yourNSTPP)



You contribute to your Plan

Contributions are deducted from your pay each payday by your employer. Your employer also pays an amount equal to your contributions to the Plan.



Your Annual Member Statement

Contains important details about your TPP, including:

- Projected retirement dates
- Spousal and beneficiary information

It is mailed to your home address annually each spring.



Purchasing prior service

During your career, you may have periods of time when you did not contribute to the TPP, such as approved leaves. If so, you may have gaps in your pensionable service which can impact your pension and retirement date.

You may be permitted to buy back service with a current or previous TPP employer to increase your pension amount and/or to retire sooner.



Pension benefits may be available for your loved ones in the event of your death.

In the event of your death, your surviving spouse, eligible children and/or dependants automatically receive a survivor benefit.

If you do not have a surviving spouse, eligible children, or a dependant, you may wish to designate a beneficiary.



You can view your information online at: <https://nspensions.hroffice.com>

Use the secure My Retirement Plan website at any stage throughout your career to:

- Obtain an estimate of how much your pension could be
- View your personal information
- View helpful retirement planning resources
- View your annual Member Statement



Transferring from another pension plan?

The TPP has transfer agreements with other provincial pension plans. These agreements may permit you to transfer service from one plan to another.

Planning to Retire



One of the most important things to remember about your pension is that you must apply for it. Contact us at least three months prior to the date you wish to retire and request a retirement package.

For more information, visit: www.nstpp.ca