

## Getting an estimate of your NHS Pension

**1** Access your Annual Benefit Statement via the Electronic Staff Record (ESR) or by logging onto the TRS portal at [www.totalrewardstatements.nhs.uk/](http://www.totalrewardstatements.nhs.uk/)



**2** For an early retirement estimate use the information from your Annual Benefit Statement with the early retirement calculator available on the website.



**3** If an Annual Benefit Statement isn't available and you are an active member of the Scheme then check with your employer. They may be able to produce an estimate for you. If you are a deferred or Pension Credit member then request an estimate from NHS Pensions.



**4** To request an estimate from NHS Pensions complete either the Officer or Practitioner estimate request form. Note: there are different types of estimate and some we charge for. Read the charging information within the forms carefully.



**5** If required, make sure you enclose payment with the completed form as instructed and send them to NHS Pensions.



**6** We will aim to complete your request within 40 working days from receipt.

