

## Important benefits of being in the NHS Pension Scheme

### Video transcript

When you start work in the NHS you will automatically become a member of the NHS Pension Scheme.

Don't worry, your employer will take care of all the details.

You won't pay income tax on the contributions you pay.

And your employer also contributes the equivalent of an extra 20.6% of your pay to help meet the costs of your benefits

Being in the scheme provides lots of important benefits for you and your family.

When you retire you'll get a pension payable for life. This is fully guaranteed by the government.

You can choose to swap some of your annual pension for a one-off lump sum when you retire.

There's also options to let you plan when you take your pension.

Depending on what type of member you are, you can be flexible about when you take your pension whilst continuing to work.

If you want to you can choose to take your pension before your normal pension age. Your pension will be reduced because it is being paid to you earlier and will be paid to you for longer.

If you become too ill to work, you could apply for an early ill health retirement pension...

...and you're covered for death benefits if you should die. This means your family may be entitled to benefits including a lump sum and a pension for partners and dependent children.

Depending on what type of member you are there are also ways you can increase the value of your NHS pension.

To help you keep track of your NHS pension, you have access to an annual benefits statement or Total Rewards Statement (TRS) via ESR or our TRS webpages

These statements are refreshed every year and are available online for you to look at whenever you want.

For more information about all of these benefits and the NHS Pension Scheme in general please visit our website [www.nhsbsa.nhs.uk/nhs-pensions](http://www.nhsbsa.nhs.uk/nhs-pensions)

For all the latest NHS Pension news don't forget to sign up to our member newsletter. You can do this in the Member Hub on the website.

You can also follow us on Twitter @nhs\_pensions

The information contained in this video is correct at the time of publication September 2021