



Understanding your NHS Pensions Total Reward Statement (TRS)

Your Total Reward Statement (TRS) or Annual Benefit Statement (ABS) includes a summary of your NHS pension benefits and an overview of what your NHS pension is worth today.

Each year you can view an updated TRS or ABS

If you work in an NHS organisation that uses Electronic Staff Record (ESR) you'll be able to access a Total Reward Statement.

If you work in an approved non-NHS organisation, smaller NHS organisations such as GP practices or NHS organisations that don't use ESR, you'll be invited to register to our new, online portal, My NHS Pension, to view your Annual Benefit Statement.

Your statement is updated to the 31 March

Each year your pension record is updated to the 31 March from information sent to us by your employer. This means that your TRS or ABS should be updated to 31 March 2024 (31 March 2023 for GP's).

It doesn't just include information on your pension

A TRS gives a summary of your employment package, including basic pay, allowances and pension benefits for NHS Pension Scheme members.

It can also include a summary of benefits offered by your employer, such as health and wellbeing programmes, learning and development opportunities, childcare vouchers or cycle to work schemes.

An ABS will provide a pension statement for NHS Pension Scheme members.

If you're a new member you may not have a statement yet

If you've recently joined the NHS Pension Scheme and you have less than one year's service you may not have a statement yet.

If you're not a member of the NHS Pension Scheme or you're already receiving your NHS pension, you won't be able to see your statement.

If your record isn't up to date this could be because:

- your employer didn't send the information to update your record
- your record was updated after the data was taken to produce your statement
- your annual pension update requires more information before it can be placed on your record.

If this is the case, your pension record should be updated for the mid-year refresh and will be available for you to view in mid-December 2024.

We recommend that you download and save a copy of your TRS or ABS for your records.

Accessing your statement

Go to our Total Reward Statements website for more information on accessing your TRS or ABS:

www.nhsbsa.nhs.uk/total-reward-statements