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## Find security with your teacher's pension

With the rising cost of living, we wanted to remind you about the security of your pension. The Teachers' Pension Scheme is index linked in line with the Consumer Price Index (CPI), meaning it increases annually to match the rise in inflation. It's also one of only eight pension schemes secured by the government which means it's not impacted by stock markets and investments but grows based on your service and salary.

It also provides other benefits throughout your career and will offer a regular source of income when you retire.

Find out more

## Keep your details up to date

We suggest logging in to your **My Pension Online (MPO)** account regularly to check your personal details and update them if necessary.

We also recommend registering a personal email rather than a work email to ensure you have no issues accessing your account if you change jobs.



## Learn more about your pension

We offer free online presentations to help you understand more about your pension. They're split into bite sized topics to ensure they're relevant no matter what stage of your career you're at.

They're simple to book and a great way to get to know more about your pension.

[Book now](#)



## Family protection with your pension

A benefit of your pension is your family is protected financially if anything should happen to you.

You're able to nominate someone to receive a death grant via My Pension Online. This is a one off lump sum payment, which will be paid out if you were to pass away while still in service.

Eligible family members (such as spouses/partners or children) will also be entitled to a long-term monthly pension.

Watch our [new video](#) to find out more about family benefits.



## Simplifying your Scheme

To simplify processes across the Scheme we've created new online forms to save both you and your employer time. Our new online forms include:

- Annual Allowance Scheme pays
- Death notification
- Opting in
- Cash Equivalent Transfer Value application.

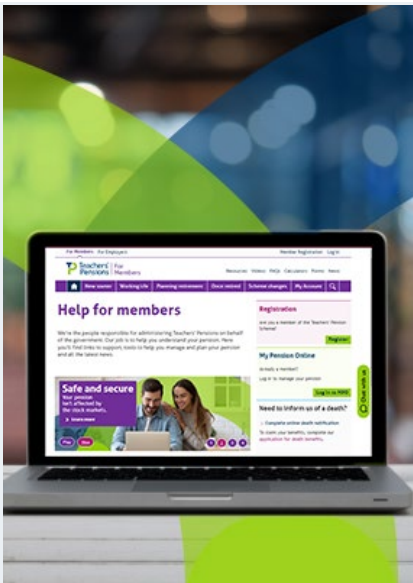
You can find all our forms on our [website](#).

## Need help logging in to MPO?

Our secure chat facility walks you through the log in process and can help reset your account details.

Simply click the green 'Chat with us' button on the right-hand side of our website and 'My account details'. The chat bot is available 24 hours a day.

Find out more about the different ways to [contact us](#) or check out our [short videos](#) for extra help.



## Consumer Price Index update

The Consumer Price Index (CPI) is one of the ways inflation is measured in the UK. The CPI is published by the Office for National Statistics and the government uses CPI as one of the measures for uprating state pensions. For active members, your service in the career average scheme will be revalued on 1 April 2023 based on the ‘Treasury Order’.

[Find out more](#)



## Transitional Protection update

We understand that if you're affected by Transitional Protection, you'll want to know what it means for you and your retirement. Our short video can help you learn more about the changes and what to expect if you're impacted.

We're also continuing to create new resources to help you understand your options, including a decision tool that will be available soon.

It's important to remember that if you're planning to retire you can still do this as normal. We're waiting on the legislation process to be completed by the government, meaning we can't provide options to new retirees, or those affected during the remedy period, until October 2023 at the earliest.

Watch our video

[www.teacherspensions.co.uk](http://www.teacherspensions.co.uk)



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Pension Scheme Registry Number 10005209 (2010 scheme and earlier); and 10276733 (2015 scheme)

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