Preparing for your appointment

You'll get the most from your appointment if you:

- know how much your pension is worth
- check if your pension has any special features, like a guaranteed annuity rate
- view your State Pension forecast at **gov.uk/check-state-pension**
- estimate how much money you'll need in retirement.

This will help you answer questions about your situation to decide which options might be best for you.

Next steps

After your appointment, you'll get a summary of your pension options and suggested next steps.

For example:

- asking your pension provider to explain the options they offer
- getting free debt advice
- paying for regulated financial advice.

How to have a Pension Wise appointment

You can have an instant online appointment or book a date and time to speak to a pension specialist.

Phone **0800 011 3797** or go to **moneyhelper.org.uk/pensionwise** to book or start your appointment.

From

Money & Pensions Service

Cymraeg

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Pension Wise

Your guide to Pension Wise

A service from

MoneyHelper

HM Government

About Pension Wise

Pension Wise is a free and impartial government service. We can help you understand the different ways you can take your pension pot.

You can have an instant online appointment or book a date and time to speak to a pension specialist.

Our guidance is impartial – we won't recommend any products or companies and won't tell you how to invest your money.

Who can get an appointment

Pension Wise appointments help you understand your options for taking a **UK-based defined contribution pension**.

You can have an appointment if you are:

- 50 or over
- under 50 and:
  - taking your pension early due to ill-health
  - have inherited someone else's pension, or
  - your scheme lets you take your pension before age 55.

The different types of pension

Your provider can tell you the type of pension you have or use our free tool at **moneyhelper.org.uk/pension-type**

Defined contribution

These pensions pay you an amount based on how much is paid in, how well the investments perform and how you choose to take the money.

Most recent pension schemes are this type unless you work in the public sector, like education, the NHS or the Armed Forces.

Defined benefit

These pensions pay you an amount based on your salary and how long you worked for your employer. They're often called final salary or career average schemes.

For help with these pensions, phone MoneyHelper on **0800 011 3797** or go to **moneyhelper.org.uk/pensions**

About Pension Wise appointments

An online appointment lets you:

- explore your pension options at your own pace
- start and stop at any time – you can save and return whenever you like.

You can ask our pension specialists questions using the webchat at any time. We'll reply Monday to Friday between 9am and 5pm (UK time), except on bank holidays.

You can have an online appointment if you're aged 50 to 74.

A booked appointment with a pension specialist usually lasts up to 60 minutes.

Whatever you choose, we will:

- explain your pension options
- explain how each option is taxed
- give you next steps to take.