

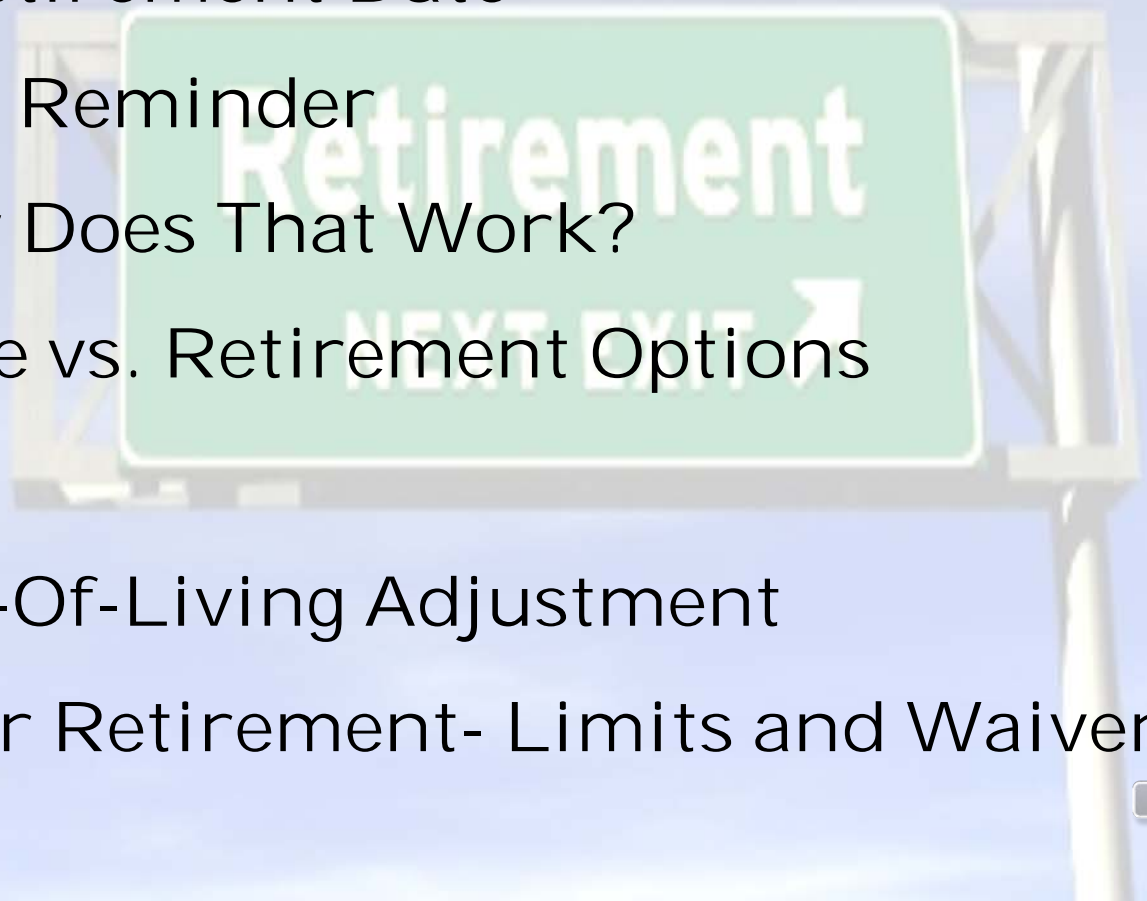
Retirement

A Time for New Beginnings



The Retirement Process

- Choosing a Retirement Date
- Death Benefit Reminder
- Options- How Does That Work?
- Life Insurance vs. Retirement Options
- Taxes
- NYSTRS Cost-Of-Living Adjustment
- Earnings After Retirement- Limits and Waivers



Choosing a Retirement Date

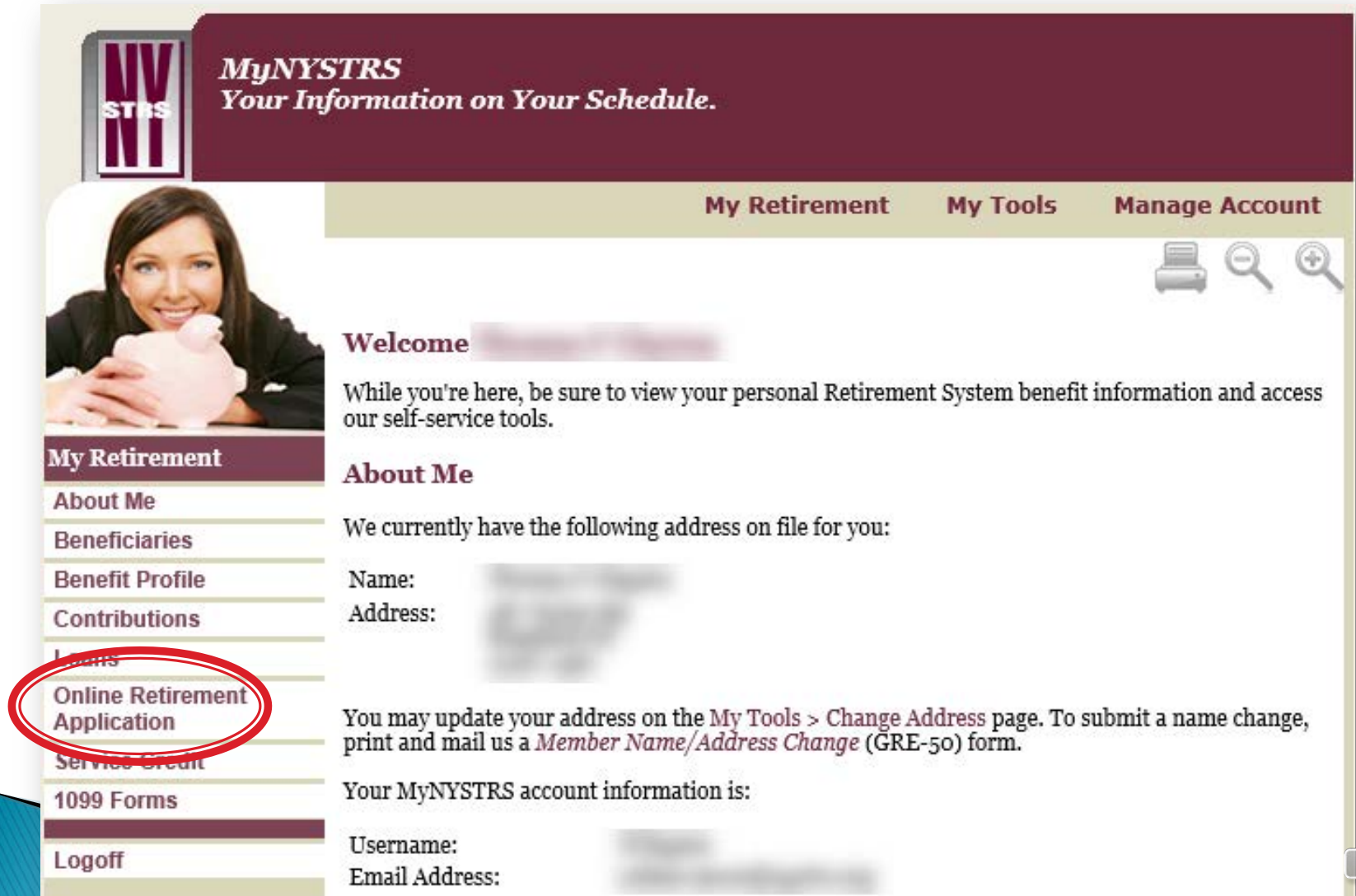
(page 45)

- ▶ Date of Retirement:
 - No earlier than the day after your last contracted day of work.
- ▶ *Application for Retirement (RET-54)*
 - Up to 90 days before your effective date of retirement
 - Consider filing in early June to maximize your preliminary payments

JULY 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Retirement Application in MyNYSTRS



The screenshot displays the MyNYSTRS website. At the top, a maroon banner features the MyNYSTRS logo and the tagline "Your Information on Your Schedule." Below this, a navigation bar includes links for "My Retirement", "My Tools", and "Manage Account". On the left, a sidebar menu lists various options, with "Online Retirement Application" highlighted by a red circle. The main content area shows a welcome message, a section for updating personal information (Name, Address), and a section for updating account information (Username, Email Address). A printer icon and search icons are visible in the top right corner of the main content area.

MyNYSTRS
Your Information on Your Schedule.

My Retirement **My Tools** **Manage Account**

My Retirement

- About Me
- Beneficiaries
- Benefit Profile
- Contributions
- Loans
- Online Retirement Application**
- Service Credit
- 1099 Forms
- Logoff

Welcome [Redacted]

While you're here, be sure to view your personal Retirement System benefit information and access our self-service tools.

About Me

We currently have the following address on file for you:

Name: [Redacted]
Address: [Redacted]

You may update your address on the [My Tools > Change Address](#) page. To submit a name change, print and mail us a *Member Name/Address Change* (GRE-50) form.

Your MyNYSTRS account information is:

Username: [Redacted]
Email Address: [Redacted]

Choosing a Retirement Date

(page 45)

- ▶ Withdraw application up to 14 days after your elected date of retirement
- ▶ Change Benefit Payment Option up to 30 days after your elected date of retirement

JULY 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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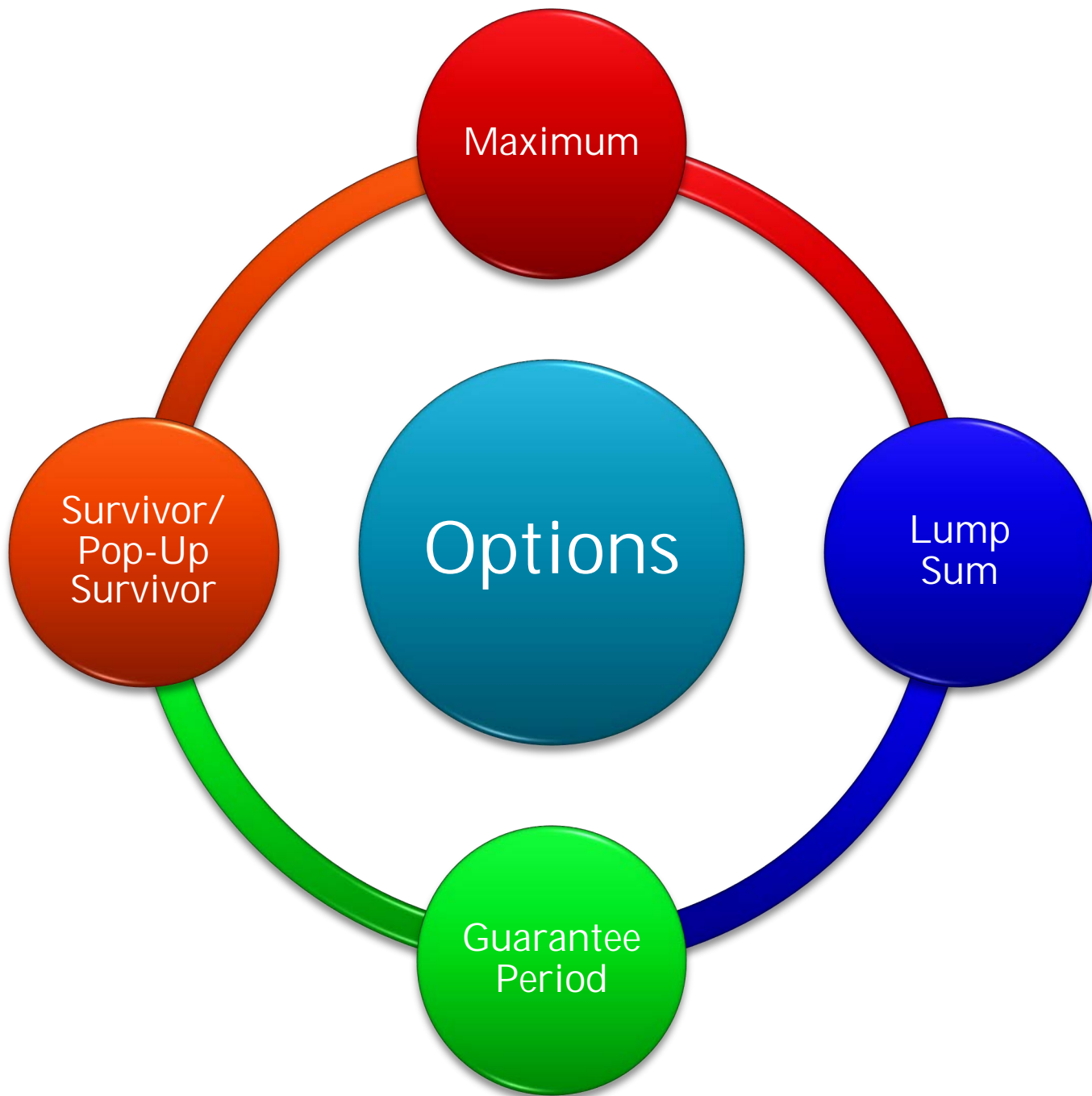
Death Benefits and Options

- ❑ In Tier 1, your in-service death benefit ceases upon retirement; Tier 2 - 6 death benefits can continue after retirement on a much reduced basis

First Year	50% of the death benefit in effect at retirement
Second Year	25% of the death benefit in effect at retirement
Third and Ensuing Years	10% of the death benefit in effect at age 60, or at retirement if earlier

- ❑ An option can provide your beneficiaries with either a lump sum payment, monthly payments for a certain period of time, or payments for the life of your beneficiary





Options

Benefit Profile-Page 2

Your Pension Projections

Pension Projections: These are sample estimates. Use MyNYSTRS' online Pension Estimator for other retirement dates. Please refer to the *Profile* insert for a description of the benefit payment options. Unless noted, these projections assume you earn the same credit as in 2018-19, have 2% annual salary increases, vest (see Service Milestones below), pay off any loan by retirement and, as applicable, name the primary beneficiary currently on file (see page 3).

These projections of your annual benefit are based on a MM/DD/CCYY retirement date, a \$XX,XXX FAS and XX year(s) and X month(s) of service credit.

PAYMENT OPTIONS	YOUR PAYMENT	BENEFICIARY PAYMENT
Maximum	\$XX,XXX	NONE
Largest Non-Declining Lump Sum (Cost is \$XX per \$1,000)	\$XX,XXX	\$XXX,XXX
Guarantee Period Options		
5-Year Guarantee	\$XX,XXX	\$XX,XXX
10-Year Guarantee	\$XX,XXX	\$XX,XXX
Survivor Options		
100%	\$XX,XXX	\$XX,XXX
75%	\$XX,XXX	\$XX,XXX
50%	\$XX,XXX	\$XX,XXX
25%	\$XX,XXX	\$XX,XXX
Pop-up Survivor Options		
100%	\$XX,XXX	\$XX,XXX
75%	\$XX,XXX	\$XX,XXX
50%	\$XX,XXX	\$XX,XXX
25%	\$XX,XXX	\$XX,XXX

No Work Past 6/30/19: Your Maximum annual pension based on a \$XX,XXX FAS and XX year(s) and Y month(s) of service credit is \$XX,XXX per year. You will be eligible to collect this benefit on 7/1/19.

No Age Factor: Your Maximum annual pension projected for 7/1/20 based on a \$XX,XXX FAS and XX year(s) and Y month(s) of service credit is \$XX,XXX per year.

Retiring: We must receive an *Application for Retirement* on, or up to 90 days before, your date of retirement (DOR). If you retire near a milestone, file 2-3 weeks before retiring so your initial calculation has as much service as possible. Your employment contract must end before your retirement date (e.g., if contract ends 6/30, 7/1 is earliest DOR).

Service Milestones:

1 Year of Credit

- Death benefit coverage begins.
- You may borrow from your Required Contributions Fund.

2 Years of Credit

You can purchase credit for eligible prior service.

5 Years of Credit

- You are vested to receive a pension as early as 55.
- You can purchase credit for prior military service.

10 Years of Credit

- Your 3% contributions stop.
- Disability and vested death benefit coverage begin.

20 Years of Credit

Your Pension Factor increases from 1.67% to 2% for your first 30 years of service.

30 Years of Credit

You can retire without an age factor as early as 55 (or at 62 with less than 30 years of service).



Maximum (page 46)

Sample Tier 4 Benefit Estimate - Part 1

(see page 48 for Part 2)

Maximum benefit:

- ☐ The retiree receives the highest annual income
- ☐ All payments cease upon death of member
- ☐ Might be best if:
 - ☐ You have no beneficiaries
 - ☐ Your beneficiaries are financially independent
 - ☐ You have life insurance to protect beneficiaries
 - ☐ You need the highest possible income from your pension

NEW YORK STATE TEACHERS' RETIREMENT SYSTEM ESTIMATE OF ANNUAL SERVICE RETIREMENT BENEFITS	
NAME Mary Member	EmplId: 0000000
Date of Birth	06/13/1964
Retirement Date	07/01/2019
Cease Teaching Date	06/30/2019
SERVICE CREDIT	
New York Pre - 1959	0-0
New York Post - 1959	30-3
Out-of-State	0-0
Total Service	30-3
Pension Factor	60.50%
Final Average Salary 3-Year	\$70,000
MAXIMUM BENEFIT - NO PAYMENT TO A BENEFICIARY	
Pension	\$42,350
Annuity Return	N/A
Maximum Benefit	\$42,350
LARGEST NON-DECLINING LUMP SUM PAYMENT TO A BENEFICIARY	
Member Benefit	\$34,174
Beneficiary Payment	\$505,361
Cost per \$1,000	\$16.18
GUARANTEE OPTIONS	
5-YEAR	\$42,219
10-YEAR	\$41,829



Lump-Sum Options

❑ Largest Non-Declining:

- Provides a fixed lump sum payment upon your death
- Estimates show cost per \$1,000
- Can name multiple beneficiaries and change them at any time

❑ Declining Reserve (Tier 1 only):

- Beneficiary receives balance of reserve upon your death
- Can name multiple beneficiaries and change them at any time

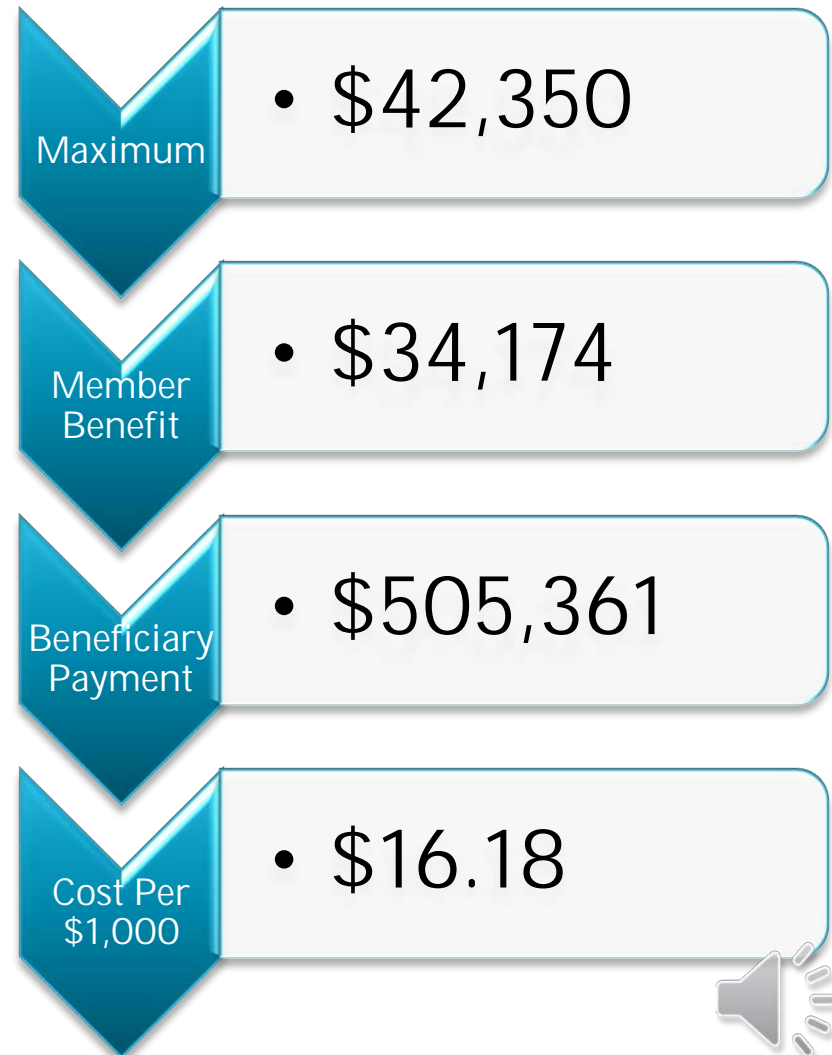
❑ Might be best if:

- Don't have long life expectancy
- Not eligible for life insurance
- Have multiple beneficiaries to protect
- Want a lump sum payment paid upon your death



Largest Non-Declining Lump Sum Payment to a Beneficiary

- ❑ The cost of the option is based on the member's life expectancy at retirement
- ❑ The payment to the beneficiary is federally taxable:
 - A spousal beneficiary may roll payment into a tax-deferred savings account
 - A non-spousal beneficiary may roll payment into an inherited IRA



Alternative Option - Lump Sum

Maximum

• \$42,350

Cost per \$1,000

• \$16.18

Example: \$100,000 lump sum payment to beneficiary

$$100 \times \$16.18 = \$1,618$$

(Cost of \$100,000 lump sum payment to beneficiary)

Maximum - Cost of Lump Sum = Member Benefit

$$\$42,350 - \$1,618 = \$40,732$$

The cost per \$1,000 is based on the age of the member at retirement



Guarantee Options



- ❑ Pension will be paid for a 5- or 10-year period past retirement
- ❑ At end of this period, no further payments to beneficiary; your payment continues for remainder of your life
- ❑ You can name primary and contingent beneficiaries
- ❑ Beneficiaries can be changed after retirement
- ❑ Might be best choice if you need to cover one or more people for a designated period

Maximum	• \$42,350
5-Year	• \$42,219
10-Year	• \$41,829

➤ Can specify periods other than those illustrated

Survivor and Pop-Up Options (pages 48-49)

- ❑ Provides lifetime income to beneficiary
- ❑ Can name only one beneficiary.
- ❑ Cannot change the beneficiary beyond 30 days after retirement
- ❑ The cost is based on the life expectancy of the member and the beneficiary
- ❑ Commonly provide coverage at 100%, 75%, 50%, and 25%, but can choose your own amount
- ❑ Pop-up: Benefit goes to the Maximum if the beneficiary dies before the member
- ❑ Might be best choice if you need to provide lifetime income to just one beneficiary
- ❑ The option percent may be limited for non-spouse beneficiaries 10+ years younger than you



Survivor and Pop-Up Options (pages 48-49)

Maximum:

\$42,350

Survivor:

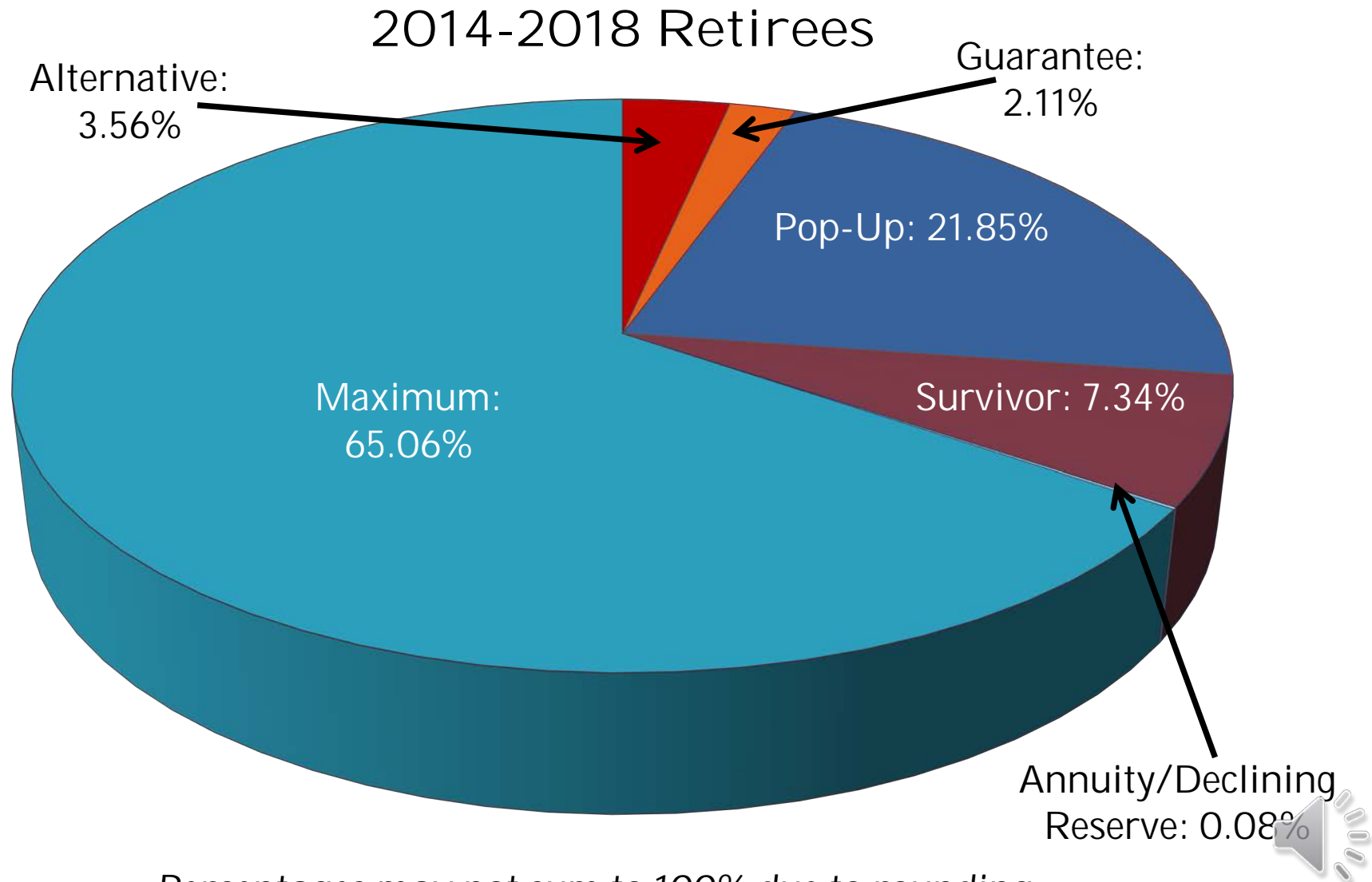
	Member	Beneficiary
100%	\$38,716	\$38,716
75%	\$39,565	\$29,674
50%	\$40,452	\$20,226
25%	\$41,379	\$10,345

Pop-Up
Survivor:

	Member	Beneficiary
100%	\$38,344	\$38,344
75%	\$39,273	\$29,454
50%	\$40,247	\$20,124
25%	\$41,272	\$10,318



Retirement Benefit Options and Percent of Election



Insurance vs. Options (page 51)

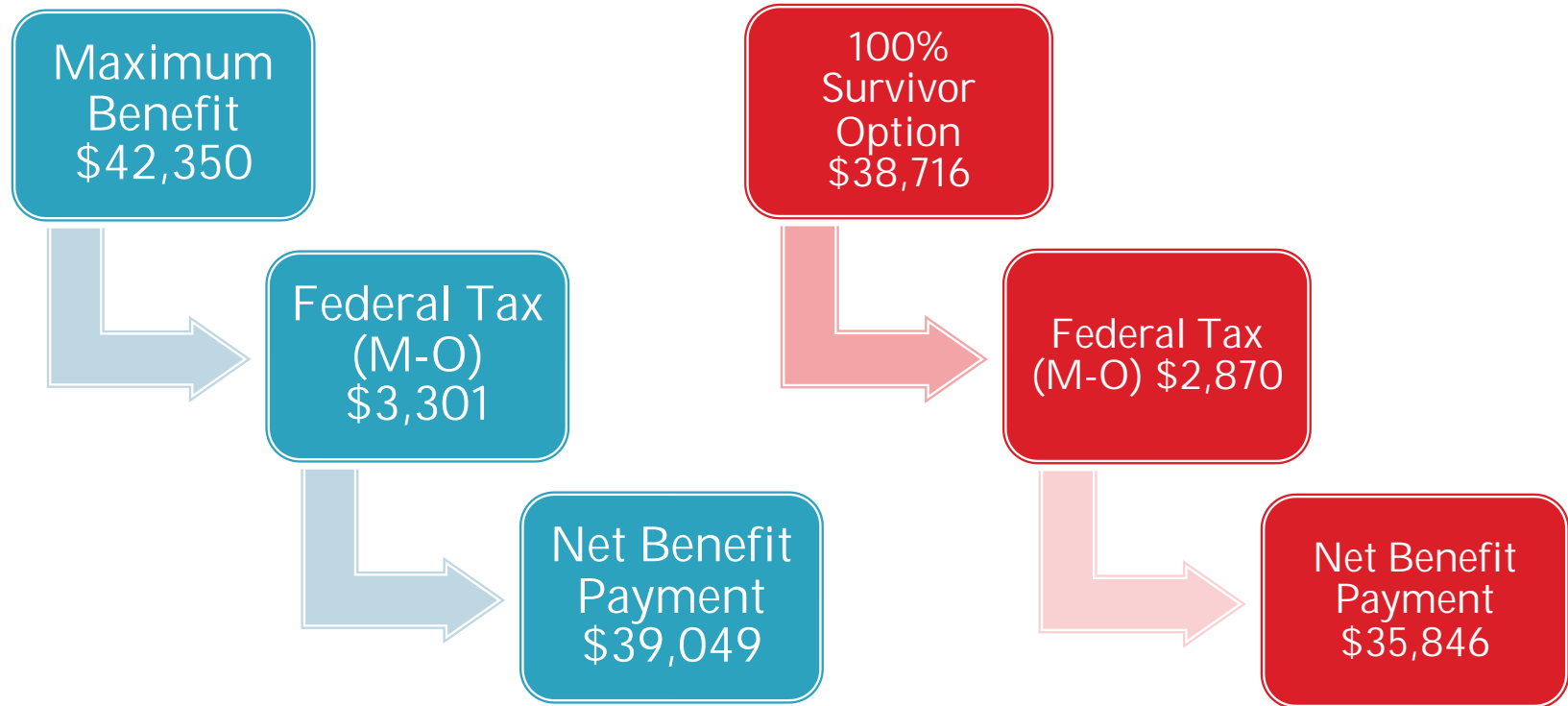
Survivor Option

- Guaranteed, lifetime monthly income for beneficiary
- Cost of coverage is fixed at retirement, and deducted from pension pre-tax
- Member & beneficiary age are factors in the cost
- Only one beneficiary; no cancellation
- Beneficiary payments are federally taxable



What Does an Option Cost?

(page 52)



Net Cost of Option **\$3,203**

Calculating How Much You Need (page 53)

- ❑ Determine how much income per month your beneficiaries will need to live on, then multiply by 12 to come up with an annual amount
- ❑ Calculate how many years the income will be needed
- ❑ Use factors on page 53 to estimate how much your policy must pay in a lump sum to last as long as it's needed

10 years: 7.86

25 years: 14.25

15 years: 10.54

30 years: 15.52

20 years: 12.63

40 years: 17.28

Assumes beneficiaries will earn a 5% annual inflation-adjusted return on insurance proceeds



Calculating How Much You Need

(page 53)

- ❑ Let's assume you calculate that your beneficiary(ies) need \$3,226 per month to live on, which = \$38,716 per year (same as the 100% Survivor Option)
- ❑ You further assume they will need this income for 30 years

Factor for 30 years is 15.52

15.52 times \$38,716 = \$600,875

- ❑ \$600,875 is then the approximate death benefit you would set up to meet this expected need



Life Insurance Resources

- ❑ Union or association-sponsored plans
- ❑ Local insurance agents
- ❑ Bookstores: Shelves of books about life insurance
- ❑ The Internet:
 - www.insure.com
 - www.selectquote.com



Life Insurance Resources



We shop. You save.

Policy Amount: 1,000,000
For: Mr. Andrew Whitney
Reference Number: 6321745

10-Year Duration

Company and Policy	Monthly	Annual
Transamerica/Trendsetter Super 10 Preferred Plus	50.75	580.00
ReliaStar/VOYA TermSmart 10 Super Preferred No Tobacco	52.50	600.00
William Penn/OpTerm 10 Preferred Non-Tobacco	61.25	700.00
ReliaStar/VOYA TermSmart 10 Preferred No Tobacco	66.50	760.00
Transamerica/Trendsetter Super 10 Preferred Nonsmoker	70.88	810.00

20-Year Duration

Company and Policy	Monthly	Annual
ReliaStar/VOYA TermSmart 20 Super Preferred No Tobacco	89.25	1,020.00
Transamerica/Trendsetter Super 20 Preferred Plus	98.88	1,130.00
William Penn/OpTerm 20 Preferred Non-Tobacco	102.38	1,170.00
ReliaStar/VOYA TermSmart 20 Preferred No Tobacco	107.63	1,230.00
Transamerica/Trendsetter Super 20 Preferred Nonsmoker	119.88	1,370.00

30-Year Duration

Company and Policy	Monthly	Annual
Transamerica/Trendsetter Super 30 Preferred Plus	158.38	1,810.00
William Penn/OpTerm 30 Preferred Non-Tobacco	174.13	1,990.00
Transamerica/Trendsetter Super 30 Preferred Nonsmoker	200.38	2,290.00
William Penn/OpTerm 30 Standard Plus-Non-Tobacco	230.13	2,630.00
Transamerica/Trendsetter Super 30 Standard Plus	265.13	3,030.00



Insurance Considerations

- ▶ Check the company's rating:
 - A.M. Best
 - Fitch
 - Standard & Poor's
 - Moody's
 - Weiss Research
- ▶ Check with your state's insurance department
 - New York: dfs.ny.gov
- ▶ Ask friends & colleagues for referrals

The screenshot shows the A.M. Best Ratings & Criteria Center website. The header includes the A.M. Best logo and the title "Ratings & Criteria Center". Below the header, there is a navigation bar with links for "Home", "About Us", "Contact Us", and "Site Map". The main content area displays information for "TIAA-CREF Life Insurance Company". It includes the company's address (730 Third Avenue, New York, NY 10017-3206), website (www.tiaa-cref.org), and phone number (800-223-1200). A "Print this page" link is also present. The page features a "Ratings & Criteria" sidebar with links to various rating categories. The main content area shows the "Financial Strength Rating" as "A++ (Superior)" and the "Long-Term Rating" as "A++". It also includes a "Best's Credit Rating Analyst" section with the name "Steven H. Faulk" and his title "Senior Financial Analyst".



Collecting Your Pension

- ▶ Payments are monthly
 - Electronically deposited into your account on the last business day of each month
- ▶ Payments during processing
 - Initial payments may not include your last few months of salary or service
 - Once processed (generally 9-12 months), you are sent a detailed statement regarding your benefit calculation and retroactive adjustment

2020 JULY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Collecting Your Pension

- ▶ Payments are made by direct deposit
- ▶ You will complete the direct deposit form when filing for your retirement benefits
- ▶ You may change your banking information as needed in retirement
- ▶ You may change your direct deposit information through your MyNYSTRS account

GRE-54 (1/11)

NEW YORK STATE TEACHERS' RETIREMENT SYSTEM
 10 Corporate Woods Drive, Albany, NY 12211-2395
 Fax: (518) 447-4749

OFFICE SERVICES ONLY

DIRECT DEPOSIT AUTHORIZATION AGREEMENT

☐ Please check this box if any of this direct deposit will go directly to a foreign bank or if the entire amount is forwarded from a domestic bank to a foreign bank.

Please complete the information requested below and make a copy of this form for your records.

EmpID # <div style="border: 1px solid black; width: 100px; height: 20px; margin: 5px 0;"></div>	Social Security Number <div style="display: flex; align-items: center;"> <div style="border: 1px solid black; width: 40px; height: 20px; margin-right: 5px;"></div> <div style="border: 1px solid black; width: 10px; height: 20px; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px; margin-right: 5px;"></div> <div style="border: 1px solid black; width: 10px; height: 20px; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> </div>	
First Name <div style="border: 1px solid black; width: 100px; height: 20px; margin: 5px 0;"></div>	MI <div style="border: 1px solid black; width: 20px; height: 20px; margin: 5px 0;"></div>	Last Name <div style="border: 1px solid black; width: 100px; height: 20px; margin: 5px 0;"></div>
Street Address <div style="border: 1px solid black; width: 100%; height: 20px; margin: 5px 0;"></div>		
Street Address <div style="border: 1px solid black; width: 100%; height: 20px; margin: 5px 0;"></div>		
City <div style="border: 1px solid black; width: 100%; height: 20px; margin: 5px 0;"></div>	State <div style="border: 1px solid black; width: 20px; height: 20px; margin: 5px 0;"></div>	Zip Code <div style="display: flex; align-items: center;"> <div style="border: 1px solid black; width: 40px; height: 20px; margin-right: 5px;"></div> <div style="border: 1px solid black; width: 10px; height: 20px; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px; margin-right: 5px;"></div> <div style="border: 1px solid black; width: 10px; height: 20px; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> </div>
Phone Number (<div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px 0;"></div>) <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px 0;"></div> - <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px 0;"></div>	If this is a change of address, please give effective date: <div style="display: flex; align-items: center;"> <div style="border: 1px solid black; width: 40px; height: 20px; margin-right: 5px;"></div> <div style="border: 1px solid black; width: 10px; height: 20px; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px; margin-right: 5px;"></div> <div style="border: 1px solid black; width: 10px; height: 20px; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 5px;"> Month Day Year </div>	

Please indicate the type(s) of payments you are receiving from this system:

☐ Retiree
 ☐ Alternate payee under a Domestic Relations Order

☐ Beneficiary of a retiree

ACCOUNT INFORMATION

Education Law §524 states that a member's benefit is unassignable to an account that is in the title of a Trust.

The following bank information is or will be used to transmit your retirement payments directly to your bank account. The bank ABA # / Routing # is usually the first 9 digits on the bottom of your check, or this number can be obtained by contacting your bank. If you have any questions regarding your ABA # or account number, contact your financial institution.

BANK NAME <div style="border: 1px solid black; width: 100%; height: 20px; margin: 5px 0;"></div>	BANK TELEPHONE NUMBER <div style="display: flex; align-items: center;"> <div style="border: 1px solid black; width: 40px; height: 20px; margin-right: 5px;"></div> <div style="border: 1px solid black; width: 10px; height: 20px; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px; margin-right: 5px;"></div> <div style="border: 1px solid black; width: 10px; height: 20px; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> </div>
BANK ABA # / ROUTING # (ACH format - 9 digits) <div style="border: 1px solid black; width: 100%; height: 20px; margin: 5px 0;"></div>	ACCOUNT # <div style="border: 1px solid black; width: 100%; height: 20px; margin: 5px 0;"></div>
ACCOUNT TYPE (Please check one) <input type="checkbox"/> CHECKING <input type="checkbox"/> SAVINGS Note: Deposits can be made to money market accounts.	
I authorize NYSTRS to automatically deposit any benefit payable to me in the foregoing account, or in any future account hereafter communicated by me to NYSTRS in writing, which future account(s) shall be subject to the terms of this Direct Deposit Agreement. I understand that I may cancel this authorization by submitting written notification to NYSTRS.	
I understand NYSTRS may cease to honor this authorization or may change the terms upon notice to me. I also understand that NYSTRS shall not be responsible for any delay resulting from inaccurate information supplied to NYSTRS.	
I understand I am entitled to my benefit payment until the date of my death. I authorize NYSTRS to recover any overpayment from my financial institution.	
SIGNATURE: <div style="border: 1px solid black; width: 150px; height: 20px; display: inline-block;"></div>	<div style="display: flex; align-items: center;"> <div style="border: 1px solid black; width: 40px; height: 20px; margin-right: 5px;"></div> <div style="border: 1px solid black; width: 10px; height: 20px; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px; margin-right: 5px;"></div> <div style="border: 1px solid black; width: 10px; height: 20px; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> </div> <div style="display: flex; justify-content: space-around; margin-top: 5px;"> Month Day Year </div>

Taxes



- ▶ Taxes on your pension
 - Federally taxable
 - May update withholding with W-4P Tax Withholding Form
 - No NYS Taxes
 - No Social Security Taxes



State Income Taxes

These nine states currently do not tax income such as wages, pensions, and Social Security:

- ☐ Alaska
- ☐ Florida
- ☐ Nevada
- ☐ New Hampshire
- ☐ South Dakota
- ☐ Tennessee
- ☐ Texas
- ☐ Washington
- ☐ Wyoming

The following states may tax certain kinds of income, but currently exempt public pensions from tax:

- ☐ Alabama
- ☐ Hawaii
- ☐ Illinois
- ☐ Mississippi
- ☐ Pennsylvania



Taxes-Other States

(page 43)

- ❑ Three excellent websites with information on each state's laws, as far as taxing income, are all listed in your workbooks:
 - rpea.org
 - retirementliving.com
 - portal.kiplinger.com/tools/retiree_map

Resources



Cost-of-Living Adjustment(COLA)

- ❑ Must be BOTH:
 - ❑ Retired for 5+ Years
 - ❑ Age 62+
- ❑ Based on the change in the Consumer Price Index (CPI)
- ❑ Guaranteed 1%-3% increase applied to the first \$18,000 of your annual pension
- ❑ If pension is \$18k+, COLA is \$15-\$45 per month



Pension Increases: COLA

COLA Date	CPI Increase	COLA (on first \$18K)	Max Monthly Increase
September '02	1.48%	1.0%	\$15.00
September '03	3.02%	1.6%	\$24.00
September '04	1.74%	1.0%	\$15.00
September '05	3.15%	1.6%	\$24.00
September '06	3.36%	1.7%	\$25.50
September '07	2.78%	1.4%	\$21.00
September '08	3.98%	2.0%	\$30.00
September '09	-0.38%	1.0%	\$15.00
September '10	2.31%	1.2%	\$18.00
September '11	2.68%	1.4%	\$21.00
September '12	2.65%	1.4%	\$21.00
September '13	1.47%	1.0%	\$15.00
September '14	1.51%	1.0%	\$15.00
September '15	-0.07%	1.0%	\$15.00
September '16	0.85%	1.0%	\$15.00
September '17	2.38%	1.2%	\$18.00
September '18	2.36%	1.2%	\$18.00
September '19	1.86%	1.0%	\$15.00

Total Monthly Increase: \$363



Earnings After Retirement

(pages 55-56)

No Limit

- Private
- Federal
- Out-of-State
- Elected Official
- Any work when age 65+

Section 212

- Earn up to \$35k per year in NYS Public employment
- If you exceed the \$35,000 limitation for the calendar year without suspending your retirement benefit, NYSTRS will suspend your benefit for the remainder of the calendar year if you continue NYS public employment.

Section 211

- Employer applies for waiver
- Governing body (for school districts = Commissioner of Education)
- Exceed Section 212 limit and still collect pension



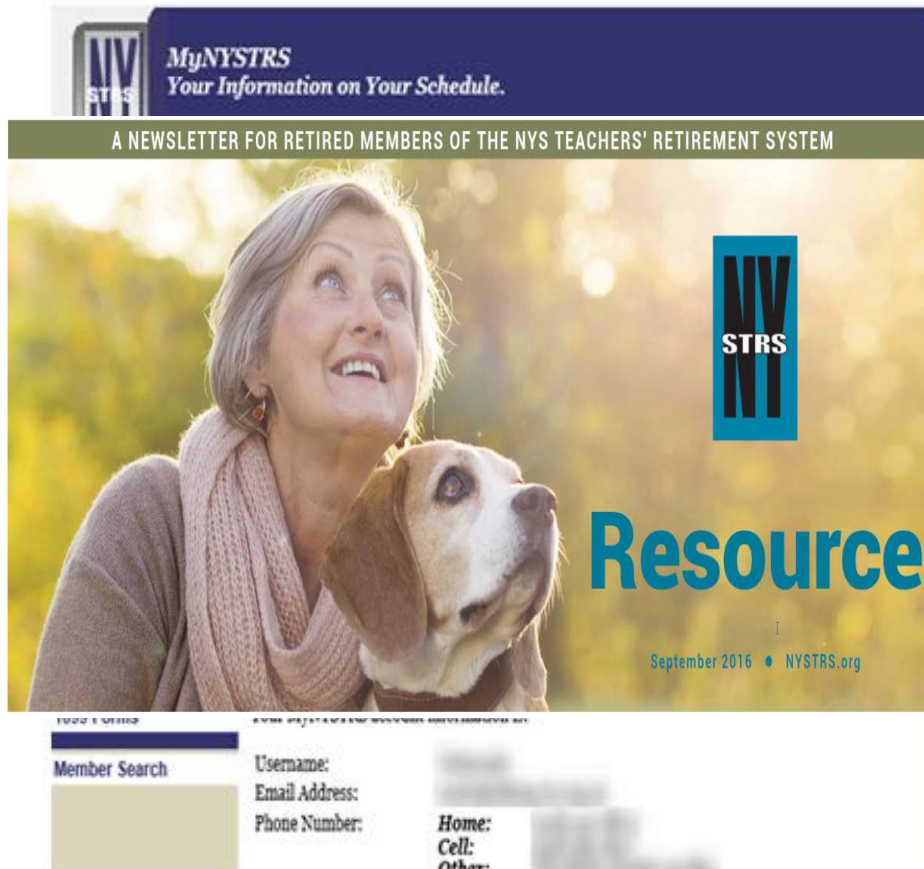
Health Insurance

(page 56)

- ❑ NYSTRS does not administer health insurance
 - ❑ Coverage (and cost) depends on choices offered by former employer
 - ❑ Consult with employer for specific questions
 - ❑ May be eligible to continue coverage under the NYS Health Insurance Program (NYSHIP)
 - ❑ Medicare becomes your primary insurance at age 65



Keeping Up-to-date



- ▶ *Retired Member Profile*
 - Once your retirement processing has been completed
 - Issued each October
- ▶ *Resource Newsletter*
 - Issued 3 times per year
 - Available by mail
 - May e-subscribe (through MyNYSTRS)



Retirement Checklist

(page 54)



- Register for MyNYSTRS

- Review your *Benefit Profile*

- Review prior service

- Attend an individual consultation

- Obtain an updated estimate

- Review health insurance coverage

- Submit an *Application for Retirement* (RET-54)

