



Checklist for leavers

Video transcript

If you've left USS and not taken a refund or transferred out but you have benefits remaining in USS, then this action list might be useful to you.

First of all, register for My USS if you have not already, and this will allow you to take control of your USS benefits, giving easy access to supporting tools.

Once you're in My USS, you can keep track of what you've built up and see what you could get in retirement using the Benefit Calculator. And you can complete or update forms to let USS know who you'd like to receive your benefits when you die.

You can update your details in My USS so that USS can contact you when it's time to take your benefits and any savings that you have. And you should keep both your postal and email address up to date so that USS can share useful information with you from time to time. And USS do recommend using a personal email address for both registering for My USS and for keeping in touch.

And finally, you can view and manage any Investment Builder savings that you have in USS through My USS. Although you can not add to your Investment Builder if you're no longer contributing to USS, you can change where your money is invested if you want to.