

## How to Get an Estimate of Your Retirement Option Dollars

1. Call the NYSTRS at 1-800-356-3128
- 2 Don't wait for the menu, press "0"
- 3 Ask to be connected with estimate of benefits
4. Request a printout of "Maximum Benefit and all Options" for Retirement on \_\_\_\_\_  
You may choose three different scenarios or dates.
5. Tell the counselor if you receive termination pay, sick leave pay, or a local incentive payment, and know how many dollars this represents. (Tier I only)
6. Check your retirement beneficiary, give birth date and sex of the beneficiary you might select upon retirement.

OR

The New York State Teacher Retirement System Website

1. Go to [www.nystrs.org](http://www.nystrs.org)
2. Click on secure area
3. Fill in all information
4. Your password for all future entries to your personal account will be mailed via regular mail.

AND

If you need help interpreting the data you receive, you can;

1. Make an appointment for a video conference with NYSTRS
2. Make an appointment with Hank Sessa for a personal conference at the Nassau Regional Office
3. Or better, do both!

Hank Sessa, Retirement Consultant

NYSUT 1-516-938-4950

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