

# Know Your Member Benefits #3: Spring 2025

## BMUST: NYSTRS EDITION

### CRITICAL ILLNESS & YOUR PENSION

If you're **living with a critical illness** you may be able to submit medical documentation to NYSTRS as a [filing for disability only](#). This filing may help ensure your beneficiaries receive a greater benefit in the case of a disabling event or untimely death.

To learn more, call  
1-800-348-7298, ext. 6010

### SURGERY & YOUR PENSION

Similarly, if you're undergoing **surgery, or a procedure that requires anesthesia**, you may also be able to submit medical documentation to NYSTRS as a [filing for disability only](#).

This can be done electronically using the [MY NYSTRS](#) app.

To learn more, call  
1-800-348-7298, ext. 6010

### RETIREMENT & YOUR PENSION

Did you know that you do not retire from BMCHSD? You *resign* from BMCHSD, and you *retire* from New York State.

#### [NYSTRS](#)

is the New York State Teachers' Retirement System. If you are retiring this year you should call 1-800-348-7298, ext. 6020, immediately to learn of next steps and to get your pension projections.