

# PENSION CONNECTION

COLA  
(indexing)  
approved at  
**2.61%**  
per year for  
2026-2030

The Public Service Superannuation Plan (PSSP or Plan) will provide a Cost-of-Living Adjustment (COLA), also known as indexing, of 2.61% per year starting January 1, 2026, and continuing through December 31, 2030.

Retirees will see their first COLA increase reflected in their January 2026 pension payment.

Public Service Superannuation Plan Trustee Inc. (Trustee) approved COLA following the 2025 Funded Health Review. The review was conducted in accordance with the *Public Service Superannuation Act's* funding policy, which requires the Trustee to assess the Plan's funded health every five years.

The purpose of the Funded Health Review is to evaluate the Plan's ability to provide COLA for the next five-year period, and to review the adequacy of contribution rates and Plan benefits.

The next Funded Health Review will take place in 2030, where the PSSP's ability to grant COLA will be based on the Plan's funded status as at December 31, 2029. The outcome will determine if, and how much, COLA can be provided for the next five-year period, from January 1, 2031, to December 31, 2035. Learn more on our website: [www.nspssp.ca/about/psspti-reviews/funded-health-review](http://www.nspssp.ca/about/psspti-reviews/funded-health-review)

## Important reminders for tax season

### Receiving your tax slip

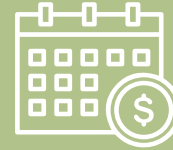
T4A tax slips are issued each year to Plan members who received pension payments in the previous calendar year. Tax slips are mailed by the end of February. Please note that the address we have on file for you as of December 31, 2025, will be where your T4A is mailed. **If your address has changed, please contact us prior to December 31, 2025.**

For non-resident members, NR4 tax slips are mailed by the end of March.

### Additional Income Tax Adjustments

If you would like to increase or decrease the amount of additional taxes\* being deducted from your monthly pension benefit, you will need to complete a **Tax Adjustment Form** which is located on our website: [www.nspssp.ca/members/your-retirement/resources](http://www.nspssp.ca/members/your-retirement/resources)

\* Additional taxes are amounts paid above the minimum statutory taxes required by the Canada Revenue Agency.



## 2026 Pension Payment Dates

Your 2026 pension payments will be deposited directly to your bank account on the third last banking day of each month.

- 1 **January 28, 2026**
- 2 **February 25, 2026**
- 3 **March 27, 2026**
- 4 **April 28, 2026**
- 5 **May 27, 2026**
- 6 **June 26, 2026**
- 7 **July 29, 2026**
- 8 **August 27, 2026**
- 9 **September 25, 2026**
- 10 **October 28, 2026**
- 11 **November 26, 2026**
- 12 **December 29, 2026**

These pension payment dates are also available on our website at:

[www.nspssp.ca/list-pension-pay-dates](http://www.nspssp.ca/list-pension-pay-dates)



## My Retirement Plan website

Once you retire, you will no longer have access to your personalized pension information on the My Retirement Plan website. Please contact us should you have questions relating to your pension.

## 2024-2025 PSSP Annual Report

### Highlights *as at March 31, 2025*

**106.8% Funded Ratio**

**\$8.275 b**

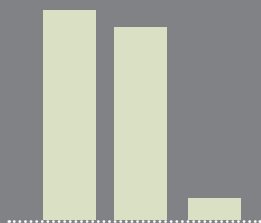
Assets available for benefits

**\$7.750 b**

Liabilities

**\$0.525 b**

Surplus



**7.03% Investment Return**  
*net of investment fees*

(7.19% gross of investment fees)

The Fund outperformed the actuarial assumed rate of return, or discount rate, of 6.50%, but underperformed the policy benchmark of 9.21%.

**45,255**

Total Plan  
members

As at December 31, 2024, the Plan had a total of 45,255 members:

- 21,475 active members,
- 19,916 retirees, and
- 3,864 inactive members.

You can view the full Annual Report on our website at:  
[www.nspssp.ca/investments/plan-performance](http://www.nspssp.ca/investments/plan-performance)

**Visit us online: [www.nspssp.ca](http://www.nspssp.ca)**

Visit the PSSP website to find helpful information and resources about your pension plan.

### Follow us on social media



[www.facebook.com/yourNSPSSP](https://www.facebook.com/yourNSPSSP)



[@yourNSPSSP](https://twitter.com/yourNSPSSP)

### Helpful Contact Information

**Nova Scotia Seniors' Pharmacare Program:**

1-800-544-6191

**Canada Pension Plan and Old Age Security:**

1-800-277-9914 (English), 1-800-277-9915 (French)

**For retirees who participate in the Provincial Gov. Retired Employee Health Plan administered by Blue Cross:**

For questions regarding your health plan benefits, contact the Public Service Commission Benefits Team at:

Phone: 902-424-3240; Press option 1, then 4 to leave a message.

Email: [PSCBenefitInquiries@novascotia.ca](mailto:PSCBenefitInquiries@novascotia.ca)

*All information presented in this document is premised on the Plan rules and criteria which currently exist under the Public Service Superannuation Act (the "PSSA") and the plan text made thereunder. This document explains in plain language aspects of the rules and criteria of the Plan. Plan members, beneficiaries, and others who wish to determine their legal rights and obligations under the Plan should refer to the PSSA, the plan text, or other legal documents as appropriate. In the event of a discrepancy between the information provided in this document and the legislation and/or legal documents, the latter takes precedence.*

**Note: This section is reserved  
for the address block and  
mailing purposes only.**

Our contact information:

**pension**

Nova Scotia Pension Services Corporation  
Purdy's Wharf, Suite 700, 1969 Upper Water St.  
Halifax, NS B3J 3R7

**Mailing Address:** PO Box 371, Halifax NS B3J 2P8

**P:** 1-800-774-5070 (toll-free)

902-424-5070 (local)

**F:** 1-902-424-0662

[www.novascotiapension.ca](http://www.novascotiapension.ca) | [www.nspssp.ca](http://www.nspssp.ca)

[info@nspension.ca](mailto:info@nspension.ca)

**Hours:** 8 am to 5 pm (Monday to Friday)