

PENSION CONNECTION

Understanding Your PSSP

Your Public Service Superannuation Plan (PSSP or Plan) pension is an important part of your overall retirement income. As a retired Plan member, your defined benefit (DB) pension provides a predictable monthly payment that continues for your lifetime.



The value of your DB pension

One of the greatest advantages of a DB pension, like the PSSP, is the peace of mind it can provide in retirement. Your monthly pension payment is paid throughout your lifetime, helping provide financial stability in retirement.

Your PSSP pension provides a dependable and predictable source of income every month. Unlike personal savings that may fluctuate with market conditions or need to be carefully managed to ensure they last throughout retirement, predictable income from a DB pension can help make budgeting and financial planning easier.

Your PSSP pension also includes valuable survivor benefits, which can provide continued income to a surviving spouse, eligible children, or dependant following your death. This added protection is an important part of the overall value of your PSSP pension.

How investment risk is managed


In a DB pension plan like the PSSP, investment risk is managed collectively for all members across the Plan, rather than by individual members. The Plan is overseen by a trustee board, with assets managed by professionals on behalf of the entire membership.

The Plan is designed to provide long-term, sustainable retirement income for members and beneficiaries.

Learn more about the PSSP by visiting our website or following us on social media for updates and information.

 www.nspssp.ca

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

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

 **NEW** Instagram
[@yourNSPSSP](https://www.instagram.com/yourNSPSSP)

2025-2026 PSSP Annual Report



The 2025–2026 PSSP Annual Report will be available in late spring/early summer. The report includes information on the Plan's investment results and financial performance as at March 31, 2026. It will be available on our website:

www.nspssp.ca/investments

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 for information relating to your pension. Our contact information is located on page 2 of this newsletter.





Update: 35-Year Cap on Pensionable Service Eliminated

As of April 1, 2026, the 35-year cap on pensionable service has been eliminated for active members.

This means that active members can now continue to make pension contributions and earn additional pensionable service beyond 35 years, for as long as they remain employed and contributing to the Plan.

What this means for retirees

If you are retired and choose to return to work, this change may be relevant to you.

If you return to work with a PSSP employer, your pension payments will stop and you will begin contributing to the Plan again, even if you had 35 years of pensionable service when you first retired. During this time, you will also earn additional pensionable service. When you retire again, your pension will be recalculated based on your updated service and earnings.

If you return to work with an employer that does not participate in the PSSP, you can continue receiving your pension while earning employment income.

If you are considering returning to work, we encourage you to contact us so we can explain how it may affect your pension.

NS Pension is proud to be a 2026 Top Employer in Atlantic Canada and Nova Scotia

This recognition highlights our team's dedication to making NS Pension a great place to grow, contribute, and support the retirement future of Nova Scotians.



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

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 | www.nspssp.ca

info@nspension.ca

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