

# Key Resources For Plan Members

## NBPSPP Website - [NBTPP.CA](http://NBTPP.CA)

Find helpful videos, application forms, the Plan's governing documents, financial results, annual reports, Board of Trustees biographies, and more, including, for example:

### NBTPP At-A-Glance

A simplified document to help walk you through the basics of the NBTPP. Wondering how much you contribute to the Plan? Curious as to how your pension benefit is calculated? Wondering how transitions in your life can affect your pension? The At-A-Glance covers all of this information and more. You can find the most recent version at [nbtp.ca](http://nbtp.ca) under "Booklets".

### Helpful Booklets

- Pension Plan Member Booklet
- Understanding Your Employee Statement
- Supply Teachers/Local Permit Holders Eligibility and Participation Criteria

### Cost of Living Adjustment/IAB Summary

A summary and video of how IAB increases are determined and how the most recent IAB was calculated (found under "Cost of Living Adjustments/ Indexing Adjustment Benefit").

## Newsletters

Provided semi-annually, the newsletters contain helpful articles, investment reports, amendments to your plan, tips for retirees, and more. Previous issues are available on the website, under "Communications".

## Life Events - [vestcor.org/lifeevents](http://vestcor.org/lifeevents)

Easily find information, videos and checklists relating to your pension during transitional periods in your life – including if you're new to the plan, returning from a leave of absence, ending a spousal relationship, leaving your employment, preparing to retire, and newly retired.

## Employee Statement and Pension Estimate Calculator

Every year, any members who contributed to the NBTPP during the prior year will receive an Employee Statement of Pension Benefits. The Statement summarizes your pension amounts as of December 31 of the previous year. A guide to Understanding your Employee Statement of Pension Benefits is available at [nbtp.ca](http://nbtp.ca) under "Booklets".

Using your most recent Employee Statement of Pension Benefits, you can quickly generate an estimate of your future monthly pension payment based on retirements dates of your choosing, the calculator is available at [vestcor.org/calculators](http://vestcor.org/calculators). Need help using the calculator tool? An easy-to-follow video tutorial is also available.

## Member Services Team

Questions relating to your plan? Contact the Member Services team Monday to Friday, 8:15 am – 4:30 pm (AST).

Phone - 1-800-561-4012, (506) 453-2296

Email - [info@vestcor.org](mailto:info@vestcor.org)

In Person - 140 Carleton Street, Suite 400,  
Fredericton, NB