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Check your State Pension

Use this service to find out:

- how much State Pension you could get (this amount is also known as your State Pension forecast)
- when you can get it
- how to increase it, if you can

! This page is also available in Welsh (Cymraeg (<https://www.gov.uk/gwirio-eich-pensiwn-y-wladwriaeth>)).

The State Pension age is under review (<https://www.gov.uk/government/news/proposed-new-timetable-for-state-pension-age-increases>) and may change in the future.

! You can't use this service if you're already getting your State Pension or if you've delayed ('deferred') claiming it.

Other ways to apply

If you'll reach your State Pension age (<https://www.gov.uk/state-pension-age>) in more than 30 days, call the Future Pension Centre (<https://www.gov.uk/future-pension-centre>) and ask for a statement.

You can also fill in the BR19 application form (<https://www.gov.uk/government/publications/application-for-a-state-pension-statement>) and send it in the post.

You'll get your statement within 10 working days.

If you're already getting your State Pension or have delayed claiming it

To get information about your State Pension, contact the Pension Service (<https://www.gov.uk/contact-pension-service>) if you're in the UK or the International Pension Centre (<https://www.gov.uk/international-pension-centre>) if you live abroad.

If you've worked and paid National Insurance in the Isle of Man

Contact the Future Pension Centre (<https://www.gov.uk/future-pension-centre>) to get information about your State Pension.

Related content

- Plan your retirement income (<https://www.gov.uk/plan-retirement-income>)
- Check your State Pension age (<https://www.gov.uk/state-pension-age>)
- The new State Pension (<https://www.gov.uk/new-state-pension>)
- The basic State Pension (<https://www.gov.uk/state-pension>)
- Early retirement, your pension and benefits (<https://www.gov.uk/early-retirement-pension>)
- Check your National Insurance record (<https://www.gov.uk/check-national-insurance-record>)

Explore the topic

- State Pension (<https://www.gov.uk/browse/working/state-pension>)