A bigger pension in a better world

The quick guide to your Nest pension



nestpensions.org.uk

Welcome to Nest, your workplace pension

Paying into a Nest pension means you're investing in your future. As we're a workplace pension, your employer and the government will top up your pot every time you contribute, if you're eligible.

How does Nest manage my money?

All the money in your pension pot is invested in markets that tend to rise in value over time, like gold or certain company shares. That means when it's time to withdraw your savings to live off, you should have more than you put in – and more than if you'd kept your savings in a bank account. You might also get extra money from your employer and the government, just for paying into your pot.

We put your money in companies that look after their people and the planet. They're more likely to make money over the long term. But it also improves things for you and the people you live and work with.

Update your account details

You work hard to put money in your pot. Keep track of your funds by logging in to your online account and making sure we have your correct contact details.

To log in for the first time, you'll need your Nest ID. You can find this in the top right corner of the welcome letter we sent you when you joined. You'll also need your National Insurance number and date of birth.

Log in now at **nestpensions.org.uk/new-to-nest**

Why do I need to save?

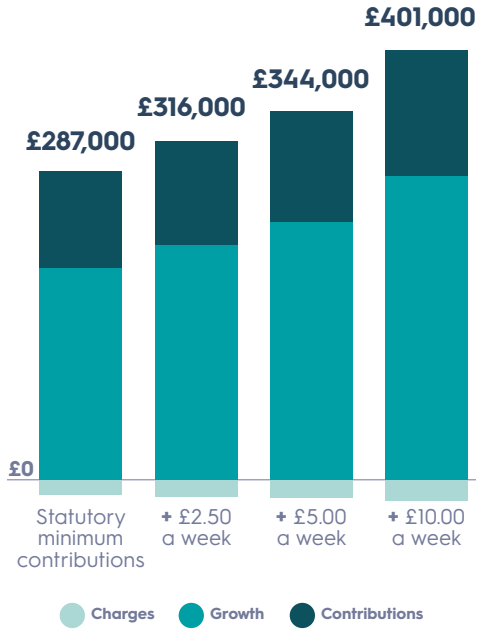
Just as with life, we all have different plans and needs depending on our circumstances. One thing is likely though. With the full State Pension sitting at £241.30 a week as of April 2026 – and many getting less than that – you may need to put some money aside for later life. Even if it's a long way off, the earlier you plan, the more time you'll have to reach your goal.

The amount you need to save depends on the lifestyle you want to live, whether you have other forms of income, and whether you'll be supporting anyone else financially.

The easiest way of working it out is to use an online pension calculator, like the one on our website. And the easiest way of hitting your target is to save now and to keep saving regularly.

Even small amounts will add up over the years thanks to investment performance. And because your pension is locked away for years, if not decades, any profits made are reinvested and the bigger your pot could get.

Increasing your contributions early can make a big difference. If you started saving age 22 from a £20,000 salary and decided to pay extra, here's what your final pension pot could look like at age 68:



*Increased contribution + 25% tax relief
Calculations assume 2.5% inflation measured by the consumer price index (CPI) and Nest investment returns of CPI+3% after charges across most of this time period.

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Your money is invested

The money added to your pension pot, whether from you, your employer, or tax relief from the government, is put to work in lots of different markets. That includes businesses like Greggs or Microsoft or things like gold or property. Your money might be used to construct wind farms or local shopping centres. It might even buy bonds, which are Treasury loans.

Every investment decision we make is centred around what's the best choice for you and other members. We promote workers' rights, knowing that members like you make up a significant proportion of the UK's workforce. We support companies that are cutting carbon emissions because they're better placed to weather the future, so can keep making profits for you both now and in the years to come. And we work hard to grow your pot, aiming to give you more money than you put in.

Award-winning investing

Our responsible investment strategy hasn't just paid off for the environment. It's helped us make more money for members like you while taking less risk with your money, when compared to other providers. This approach has netted several industry awards, including a Defaqto 5-Star rating every year since 2017.

We work for you, and only you

Our profits are your profits

We were set up by the government to help all workers save for their future. We're here to serve everyone, just like the NHS or BBC. We don't answer to shareholders, meaning that all profits go back to our members.

Low cost, high performance

High quality investment management doesn't always come at high prices. As one of the largest pension schemes in the UK, our size gives us leverage. We use our influence to access the kinds of deals that are only available to the largest investors – and also to drive industry fees down. It's one of the reasons our expert investment team regularly outperforms other providers.

Like all pension providers, we charge a fee for managing your money. Great care is taken to keep our costs low, knowing that it's important that you can put away as much as possible for your future. Find out more at **nestpensions.org.uk/costsandcontributions**

Adapting to your needs

Instead of a 'one size fits all' approach, we have 49 Nest Retirement Date Funds to get your money ready for the year you want to retire, currently set to your State Pension age. Each fund follows the same strategy, but tailored to your age. We offer other investment approaches, but 99% of members stay in our adaptable funds.

Extra money from your employer and the government

It's likely that your employer will top up your pot too. If so, they should have been in touch with details.

You might also get extra money from the government, known as tax relief. It's one of the best things about workplace pensions. For example, if you pay in £40, we'll claim £10 from the government and add it to your pot if you're eligible. You could also get another £30 from your employer, boosting your initial £40 contribution up to £80. That's £40 extra money saved towards a more comfortable retirement – and our investment performance could grow it even further.

It's your money. You call the shots.

Taking control of your savings

We work just as hard for you, whether you have one pound in your account or one million. So if you're happy to set your Nest retirement date and leave the rest to us, you can. If you'd like to take more control of your pension savings, you can do that too from your online account.



- **Tell us when you want to retire:** Update your Nest retirement date so your money is ready for when you need it.
- **Decide how much you want to save:** Pay more than the minimum and you could benefit from extra tax relief.
- **Name who you'd like to receive your pension if you die**: Make sure your money goes where you want, with less worry for you and them.
- **Transfer your pension pots into Nest:** It's easier to manage your savings if you bring all your pots together into one account.
- **Choose how your money is invested:** We offer different funds that are invested in line with your beliefs, values or approach to risk.

Take control of your savings by logging in at **nestpensions.org.uk/myaccount**

Protecting your pot

Safe and secure

Your pension account includes personal information about you and your money, just like your bank does. That's why it's important to keep your details secure and safe from fraud.

Don't forget to log in and update your contact details to prevent your account from being accessed by fraudsters.

Your privacy

We'll collect and hold your details securely. We have a strict privacy policy and will only contact you in line with the preferences you set on your account.

Pension scams

Your money is safe from scams as long as it's invested with us, but be careful of fraudulent schemes that ask you to transfer your pot. They'll make appealing offers to grow your money with overseas investments or provide access to your money before you turn 55. However, you risk losing all your savings. You could even face large tax penalties for taking an unauthorised payment from your pot.

Never rush a decision or sign anything under pressure. It's also sensible to get independent financial advice on any offer to transfer your pension. Both the Financial Conduct Authority and MoneyHelper can give you advice on how to spot scams as well as what to do if you think you've been a victim of one.

Stay scam smart at:

- **fca.org.uk/scamsmart/how-avoid-pension-scams**
- **moneyhelper.org.uk/scams**

Expert help and guidance

Looking for independent guidance? MoneyHelper was set up to put you in control of your money with free, impartial help that's backed by the government.





Keep track of your pot

Don't lose out on your hard-earned money. Give us your latest contact details so we can keep you connected to your pension savings.

Learn more online and in your welcome brochure at **nestpensions.org.uk/myaccount**

Get in touch

Email: **support@nestpensions.org.uk**

Live chat: **nestpensions.org.uk/livehelp**

Write to us:
Nest
Nene Hall
Lynch Wood Business Park
Peterborough
PE2 6FY

Help with your retirement options

When you're close to retirement, you can get free, impartial guidance on taking money from your pot from Pension Wise, a government service from MoneyHelper.

You can book a face-to-face or phone appointment with Pension Wise from the age of 50 or earlier if you need to access your pot due to ill health.

Learn more at **moneyhelper.org.uk/pensionwise**

Pension Wise | A service from MoneyHelper

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