

What is the Pension Action Center?

We are a free legal aid service based at the University of Massachusetts Boston.

Who do we help?

We try to assist anyone with a pension question, regardless of income. Our service area includes Maine, New Hampshire, Vermont, Massachusetts, Connecticut, Rhode Island and Illinois.

What do we help with?

- Lost pension plans
- 401(k), 403(b), and 457 accounts
- Survivor benefits
- Benefit calculations
- Overpayment and recoupments
- Getting retirement plan information
- Other pension and 401(k) problems

What do we charge?

Assistance is free of charge to anyone with a pension question or problem, regardless of age, income, or value of the claim.

CHECK OUR RESOURCE PAGE TO GET STARTED.



HEARTLAND ALLIANCE

HUMAN CARE

Heartland Human Care Services provides comprehensive services and advocates for systems change to advance social, economic, and racial justice to those who have been denied it.

100 Morrissey Blvd.
Boston, MA
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Call 1-888-425-6067, or visit
www.umb.edu/pensionaction

*Healthcare Workers:
Secure your Retirement!*



*Start Early,
Start Soon*



UMass
Boston

PENSION
Action Center

*This project has been funded
by Investor Protection Trust*

WHY SAVE FOR RETIREMENT?

Social Security will not be enough – each worker should expect to save for their own retirement. Diversify to protect yourself. Help is available. Start early.

When you start saving earlier in your career, you get the benefit of **compounded returns** – you make money on your original investment AND on the returns from your original investment.



CHECK OUR RESOURCE PAGE FOR TIPS TO GET STARTED.



Saving even a small amount for a long time can yield big results.

START WITH A FINANCIAL PLAN.

Before you save for retirement, create an emergency savings account: ideally 3–6 months of expenses.

If your employer offers a retirement match, save at least enough to get your match – it's free money for you later on!

Your employer may offer an Employee Financial Wellness Program. Contact the Program and ask for help with basic retirement planning. If your employer offers an EAP (Employee Assistance Program), you can ask them for help, too.

When you move, make sure your retirement plan has your new address. And when you change jobs, consider a rollover. Recordkeeping matters: protect yourself by staying organized!

In case of divorce, QDRO:

Were you awarded part of your ex's retirement in a divorce?

Make sure the necessary paperwork is completed, ask about a **QDRO (Qualified Domestic Relations Order)**.

Most retirement plan splits require paperwork to be accepted by the court and then sent for processing to the retirement plan.

Start Early, Start Soon!

No retirement plan through work?

Now you can automate retirement savings yourself with SECURE 2.0.



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