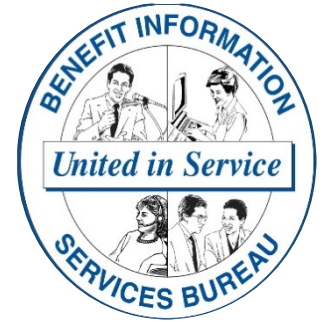




New York State and Local Retirement System



Contact me also on Monday, November 2nd, from 1pm-3:30pm for your virtual benefits fair:

<https://meetnydirect.webex.com/webappng/sites/meetnydirect/dashboard/pmr/dbolduc?siteurl=meetnydirect>

## New York State Local Retirement System Benefit Information Services

- ✓ Estimate your pension
- ✓ Help maximize your benefit
- ✓ Assist in planning for retirement
- ✓ Answer your pension related questions

### You may reach NYSLRS staff by:

**Our Toll Free  
Phone Number:**



**1-866-805-0990**

**Email:**



[https://www.osc.state.ny.us/  
retire/contact\\_us/](https://www.osc.state.ny.us/retire/contact_us/)

Click on "How to Reach Us"

**Mail:  
NYSLRS  
110 State Street  
Albany, NY 12244**



Time sensitive documents should be sent by Certified mail. The postmark date will be accepted as the receipt date.

**Retirement Online:**  
Register for or log into  
your Retirement Online  
account to:



- Review your benefit
- File for retirement
- Update your information