



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