



New York State Teachers' Retirement System

Committed to providing educators with a secure retirement since 1921

The salary and service credit you earn today is helping you build a secure future. Learn more about your membership and benefits. A wide variety of informational publications and videos are available at [NYSTRS.org](https://www.nystrs.org).

Are you new to NYSTRS? First, welcome! Please visit our New Members page. <https://www.nystrs.org/Active-Members/New-Members>

Member Information Videos: Watch educational and entertaining videos to learn about your NYSTRS benefits and retirement readiness. <https://www.nystrs.org/Library/Videos/Member-Information>

Secure Online Account: MyNYSTRS offers secure, online access to your benefit information. Whether you are nearing retirement or just starting your career, our self-service tools offer something for every member. Login or register for an account today! <https://secure.nystrs.org/MyNYSTRS/>

Pension and Retirement Education Program (PREP): PREP sessions are designed to help members of all ages prepare for retirement. To ensure you have the information you need to continue planning, we feature video versions of our PREP modules. <https://www.nystrs.org/Library/Videos/PREP-Modules>

Benefits Consultations: You may schedule an appointment to meet individually with a representative to discuss your unique circumstances. Consultations are currently being conducted by telephone or personal device video, which allows you to meet with a NYSTRS representative securely online using your own personal device: computer, laptop, smartphone, or tablet. Make a reservation online through your [MyNYSTRS](https://www.nystrs.org/MyNYSTRS/) account or call (800) 348-7298 Ext., 6100.

Contact us:

Call (800) 348-7298, Ext. 6250 to speak with a representative.

If you have specific questions regarding your situation, you send us a secure message from your [MyNYSTRS](https://www.nystrs.org/MyNYSTRS/) account.

If you have general questions, you may email them to our Information & Communication Center at communit@nystrs.org