How will my CPF LIFE monthly payouts be adjusted and when will payout adjustments be effected? We want to ensure that your CPF LIFE monthly payouts are sustainable over the long term. As such, our actuarial consultant reviews them yearly and take into account the following: The revised payout, if any, will take effect every July of the year. We will notify you if there is an adjustment in your monthly payouts. Rest assured that any changes are expected to be small and gradual.