



**GOV.UK**

# Check your State Pension forecast

## Help make GOV.UK better

Sign up to take part in research (opens in new tab)

([https://survey.take-part-in-research.service.gov.uk/jfe/form/SV\\_74GjifgnGv6GsMC?Source=BannerList\\_HMRC\\_Check\\_State\\_Pension](https://survey.take-part-in-research.service.gov.uk/jfe/form/SV_74GjifgnGv6GsMC?Source=BannerList_HMRC_Check_State_Pension))

Hide  
message

Account home

Messages

Check progress

Profile and settings

Sign out

# Your State Pension summary

PAUL VAN SCHAIK

► [Show your National Insurance number](#)

## Get help

Helpline 0800 731 0175

Textphone 0800 731  
0176

Monday to Friday:  
8:00am to 6:00pm

**You can get your  
State Pension on  
18 May 2025**

**Your forecast is £206.56  
a week, £898.17 a**

month, £10,778.01 a  
year

### Your forecast

- is not a guarantee and is based on the current law
- is based on your National Insurance record up to 5 April 2025
- does not include any increase due to inflation

## £206.56 is the most you can get

You cannot improve your forecast any more.

If you're working you may still need to pay National Insurance contributions until 18 May 2025 as they fund other state benefits and the NHS.

[View your National Insurance record \(/check-your-state-pension/account/nirecord\)](/check-your-state-pension/account/nirecord)

Your forecast may be different if there are any changes to your National Insurance information. There is more about this in the [terms and conditions \(/check-your-state-pension/terms-and-conditions?showBackLink=true\)](/check-your-state-pension/terms-and-conditions?showBackLink=true).

## You've been in a contracted-out pension scheme

Like most people, [you were contracted out of part of the State Pension \(https://www.gov.uk/contracted-out\)](https://www.gov.uk/contracted-out).

## Putting off claiming

You can put off claiming your State Pension from 18 May 2025. Doing this may mean you get extra State Pension when you do come to claim it. The extra amount, along with your State Pension, forms part of your taxable income.

[More on putting off claiming \(opens in new tab\)](https://www.gov.uk/deferring-state-pension)  
(<https://www.gov.uk/deferring-state-pension>)

[Print your State Pension summary](#)

---

**OG**

All content is available under the [Open Government Licence v3.0](#), except where otherwise stated

[© Crown copyright](#)