

- paying voluntary contributions can make these years count toward your pension and improve your forecast
- you only need to fill 3 years to get the most you can

The most you can improve your forecast to is

£155.65 a week

For more information on gaps in your National Insurance record, go to [**www.gov.uk/check-national-insurance-record**](https://www.gov.uk/check-national-insurance-record).