# Taking your pension because of serious ill health

## Guidance to help you complete this form

If a **Registered Medical Practitioner (RMP)** – a doctor registered with the UK's General Medical Council or a similar overseas council – diagnoses you with an illness and confirms your life expectancy is less than a year, you may be able to take out all your pension.

## Your serious ill-health lump sum and income tax you may pay

- **If you're under age 75:** you may be able to take out your Nest pension pot as a tax-free lump sum if including this payment, you'll have taken out less than £1,073,100 tax-free across all your pensions.
- **If you're 75 or over:** when you take out your money, the cash lump sum will be taxed as part of your income for the year. We'll take off the tax and pay it to HMRC for you. There may also be other tax-efficient options. Read our '**Taking your money out of Nest**' guide for more information.

## How to apply

Below, you'll find the form you need to complete and send back to us.

There are 2 parts to this form:

- **Part 1: Your personal details** – you'll need to complete this part.
- **Part 2: Information from your RMP about your illness** – your RMP needs to complete this part, not a nurse.

## How to return the form

There are 2 ways to do this:

- **Through your Nest secure mailbox:** you'll find this in your online account. We recommend you use this option as it's quicker and avoids postal delays. Just download, print and fill in the form. Once you've signed it, you can scan or take a picture and then send it through your secure mailbox.
- **By post:** you can also send your completed form to: Nene Hall, Lynch Wood Business Park, Peterborough, PE2 6FY.

## What happens next

Once we receive your completed form, we'll check if you qualify for this lump sum and then let you know within 10 working days. We'll get in touch if we need any further information.

## Online help and support

For online support and answers to most-asked questions, please visit our member help centre at **nestpensions.org.uk/schemeweb/memberhelpcentre**

If you need to speak to someone, or if you need more information on taking your money out, you can call us on **0300 020 0090**.

## Beware of pension scams

Anyone can be a victim of a pension scam. It's important that you can spot, avoid, and report pension scams when they happen. Here are some simple steps you can take to protect yourself:

- Reject unexpected pension offers. If you get a cold call about your pension, hang up – it's most likely illegal or a scam.
- Check who you're dealing with and make sure they're FCA-approved.
- Don't be rushed or pressured into making any decision about your pension or finances.
- Consider getting impartial advice from a financial advisor.
- Visit the FCA scam smart website at **fca.org.uk/scamsmart/how-avoid-pension-scams** or you can call them on **0800 111 6768**.

If you're a victim of a scam, report it to Action Fraud on 0300123 2040 or on their website at **actionfraud.police.uk**

## How to get further guidance

### From Pension Wise

Pension Wise is a government service by MoneyHelper that offers free, impartial guidance to help you with your financial decisions.

You should use this service to:

- understand the right things to think about when considering your choices, your personal and financial circumstances and leaving money after you die.
- understand the different ways to access your pension pot(s), and which one may be best for you.
- understand how each option will impact the amount of tax you pay.

For more information on ill-health retirement, you can call MoneyHelper on 0800 138 3944 or visit their website at **moneyhelper.org.uk** and search 'ill-health retirement'.

### From Independent Financial Advisers (IFA)

Before deciding on what to do with your pension pot, get advice from an independent Financial Adviser (IFA). You can find details of local IFAs at **unbiased.co.uk**

Please remember, we won't be responsible for any fees you may be charged for this service.

## Part 1

**Complete each section carefully with the correct details, using black or blue ink and in block capitals.**

## For you, the member, to fill in

### Your personal details

First name

Last name

Nest ID

Date of birth

National Insurance number

Phone number

Email address

## Your bank details

### Things to keep in mind:

- Please give us the details of a valid UK current account in your name, so we can send your payment without delay, if you're eligible.
- If you send us details for any other type of account such as a savings or mortgage account, it may take longer to process your request.

Account holder's name

Bank or building society name

Sort code

Account number

Roll number (for building societies)

You'll need to tell us how much lump sum and death benefit allowance you've used to date

## Lump sum and death benefit allowance you've used

Will your current Nest pension pot, plus any tax-free amounts you've already taken from us or other pensions, stay under the £1,073,100 limit?

☐ Yes - the total is below £1,073,100

☐ No - the total is above £1,073,100

**If you selected 'No':**

- Please tell us the total amount you've taken so far.
- If you took any money before 6 April 2024 and aren't sure how to work out the amount, we recommend getting independent financial advice.

If you've already used all your tax-free lump sum allowance, you won't be able to take any more tax-free cash. If you take any extra amount, we'll tax it at your marginal rate, which is the rate of tax you normally pay on your income.

Do you have HMRC protection on your tax-free allowance?

☐ Yes ☐ No

If you selected 'Yes,' please tell us the value of the maximum protected amount and the reference number below.

Maximum protected amount

Reference number

Please read the information in this section and sign the 'Declarations' at the end.

## Data protection: How we use your information

The personal information we collect about you may include what's known as special category information, for example, your health information. We need this to check whether you qualify for the retirement option you've requested.

We'll keep any personal information we receive from you or third parties confidential. But we may use it or share with trusted third parties, such as Registered Medical Practitioners (RMPs), third-party administrators, insurance industry bodies, or HM Revenue and Customs, for things like administration, complaints, audits, or claims.

You can read our full privacy notice, which explains how long we keep your information and how it's protected at **nestpensions.org.uk/personal-information-members**

### Consent to process your information

We need your consent to process the information on this form. Without it, we can't go ahead with your request to take money out.

You have the right to withdraw your consent at any time. This won't affect any processing we've already completed before your withdrawal request. To withdraw consent, contact us on **0300 020 0090**.

To further protect the security of your Nest pot we'll send your details over a secure link to TransUnion, a third-party Fraud Prevention Agency, to verify your identity and validate your bank details.

This check won't carry out any form of credit checking so it won't affect your credit rating or any future credit searches. You can read more about how we process your data in our privacy policy on our website.

For more details on how TransUnion handles your data, please visit **transunion.co.uk/legal-information/bureau-privacy-notice**

### Who we must report to HMRC

HMRC requires us to report if certain individuals are taking money out of Nest on the grounds of serious ill health. We must inform HMRC if you're, or have been within the last 6 years:

- an employer, or a director of an employer's organisation that uses Nest.
- a family member - either directly or through marriage or civil partnership - of an employer, or a director of an employer's organisation that uses Nest.

☐ Please tick this box if you're part of either of the categories above

Please read the information in this section and sign the 'Declarations' at the end.

## Your declarations

- I confirm that all the information I've given is true, correct, complete, and up to date to the best of my knowledge.
- I understand I may be able to take my whole pension pot as cash if I'm suffering from serious ill health. I also understand that if I take my whole pot as cash, I won't be able to use it to get a retirement income.
- I understand, and agree, that on payment of this pension pot I'll have no further financial claim against Nest.
- If I'm 75 years or older when I receive the lump sum:
  - I understand that Nest will need to take out income tax at a marginal rate from the full cash lump sum for HMRC.
  - I also understand there are other options available for taking my money out of Nest, as described in the **'Taking your money out of nest'** guide.
  - I've chosen to request a serious ill-health payment rather than any of the other options.
- I understand that I'm responsible for any cost my RMP may charge to complete part 2 of this form.
- I give my consent to contact my RMP to discuss the information provided on part 2 of this form, if needed.
- I've read the 'Data protection: How we use your information section' above and I give my consent for you to process my information, including special category information, for the purposes described above.

Sign and date below to confirm that you agree with all the statements above.

| Signature | Date |
| --- | --- |
| | |

## Part 2

**Complete each section carefully with the correct details, using black or blue ink and in block capitals.**

## For the UK Registered Medical Practitioner

You must be registered as a doctor with the General Medical Council (GMC) to fill in this part.

### Patient's details

First name

Last name

Date of birth

## Confirming the patient's serious ill health

I confirm that this patient has a life expectancy of less than a year:

Yes

No

### Your details

First name

Last name

GMC reference number

Surgery or hospital stamp

Signature

Date

## Part 2

**Complete each section carefully with the correct details, using black or blue ink and in block capitals.**

## For the Non UK Registered Medical Practitioner

If you practise medicine outside the UK, please tell us the name of the medical regulator you're registered with and your registration number.

### Patient's details

First name

Last name

Date of birth

## Confirming the patient's serious ill health

I confirm that this patient has a life expectancy of less than a year:

Yes

No

### Your details

First name

Last name

Name of your medical regulator

Your registration number

Surgery or hospital stamp

Signature

Date