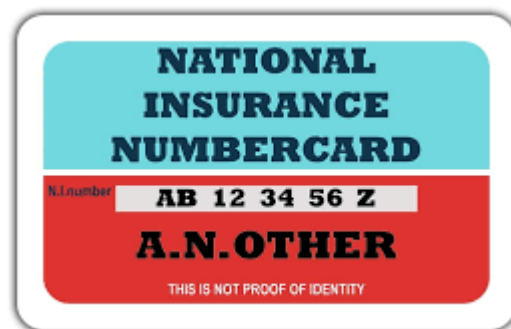


National Insurance Contributions

National Insurance Contributions - These can be checked via:

<https://www.gov.uk/check-national-insurance-record>



It is essential that you check you NI contributions are accurate and up to date. You can check your National Insurance record online to see:

- what you've paid, up to the start of the current tax year
- any [National Insurance credits](#) you've received
- if gaps in contributions or credits mean some years do not count towards your State Pension (they are not 'qualifying years')
- if you'll benefit from paying [voluntary contributions](#) to fill any gaps
- how your State Pension forecast will change if you decide to pay voluntary contributions
- if you can pay voluntary contributions online and how much this will cost

Tracing Missing Pensions <https://www.gov.uk/find-pension-contact-details>

Find pension contact details

Use this service to find contact details to search for a lost pension.

You can find contact details for:

- your own workplace or personal pension scheme
- someone else's scheme if you have their permission

This service will not tell you whether you have a pension, or what its value is.

You need the name of an employer or a pension provider to use this service

Other ways to apply

You can also request contact details from the Pension Tracing Service by phone or by post. They cannot tell you whether you have a pension, or what its value is.

Pension Tracing Service

Telephone: 0800 731 0175

From outside the UK: +44 (0)191 218 7777

Textphone: 0800 731 0176

[Relay UK](#) (if you cannot hear or speak on the phone):

18001 then 0800 731 0175

Monday to Friday, 10am to 3pm

[Find out about call charges](#)

British Sign Language (BSL) [video relay service](#) if you're on a computer - find out how to [use the service on mobile or tablet](#)

The Pension Service

Post Handling Site A

Wolverhampton

WV98 1AF

United Kingdom

