



Check your State Pension forecast

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Your State Pension summary



▶ [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
6 Jan 2025

Your forecast is £230.25
a week, £1,001.18 a
month

month, £12,014.12 a
year

Your forecast

- is not a guarantee and is based on the current law
- does not include any increase due to inflation

You need to continue to contribute National Insurance to reach your forecast

Estimate based on your National Insurance record up to 5 April 2025

£179.14 a week

Forecast if you contribute another 8 years before 5 April 2044

£230.25 a week

£230.25 is the most you can get


You cannot improve your forecast any further, unless you choose to put off claiming.

If you're working you may still need to pay National Insurance contributions until 6 January 2045 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).

Proposed change to your State Pension age

You'll reach State Pension age on 6 
Under government proposals this may increase by up to a year.

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).

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