

# Pension Life

Your connection to the College Pension Plan

## Governing today with tomorrow in mind

*A message from your trustees*

Our governance mission as the College Pension Board of Trustees is simple: to provide you with a reliable, lifelong source of income in retirement.

We're proud to report that your plan remains strong, stable and fully funded—even as people live longer and markets evolve.

### A strong plan today—and for the future

Today, the College Pension Plan holds **more than \$8 billion** in net assets. In addition, the plan's most recent **5-year average annual net return (after investment fees) is 8.4 per cent**, well above the 6.0 per cent target.

Our strong ongoing returns and our solid asset base help ensure we can pay every promised benefit, now and in the years ahead.

### What we accomplished in 2025

- **Granted a 2 per cent cost-of-living adjustment (COLA) for 2026.** COLAs help protect the value of your pension over time.

🔗 Learn more:

[college.pensionsbc.ca/adjusting-for-inflation](https://college.pensionsbc.ca/adjusting-for-inflation)

- **Approved the 2024 actuarial valuation.**

An independent actuary reviews the plan every three years to ensure the plan can pay pensions far into the future. The 2024 actuarial valuation showed the plan had \$8.451 billion in assets and \$8.455 billion in liabilities—a difference of \$4 million.

This difference reflects the strengthening of our assumptions to account for the fact that members are living longer and receiving pensions for more years.

To keep the plan fully funded after making this change, we transferred funds from the rate stabilization account to the basic account. This proactive step helps protect long-term pension security.

🔗 Learn more:

[college.pensionsbc.ca/board-communique-june-2-2025](https://college.pensionsbc.ca/board-communique-june-2-2025)

- **Published a new video on extended health care (EHC) coverage.** To support retired members and those nearing retirement, we created a clear, easy-to-follow educational video that focuses on the advantages and value of the plan's EHC coverage. It's our most-viewed video of the year!

🔗 Watch it here: [college.pensionsbc.ca/retirement-health-coverage-and-you](https://college.pensionsbc.ca/retirement-health-coverage-and-you)

- **Updated funding policy and plan rules.**

After consulting plan partners and the Association of BC College Pension Plan Retirees, we increased flexibility in how excess investment returns can be used to support the inflation adjustment account, which funds COLAs for retired members.

🔗 Details: [college.pensionsbc.ca/plan-rules](https://college.pensionsbc.ca/plan-rules)

### Behind the scenes: thoughtful stewardship

Managing the plan for nearly 40,000 members and 24 employers requires collaboration, expertise and long-term thinking. The initiatives above—and many others—reflect our commitment to doing what's best for members, employers and the future of the plan.

🔗 Explore more of our work:

[college.pensionsbc.ca/board-meeting-highlights](https://college.pensionsbc.ca/board-meeting-highlights)

## Let's celebrate your retirement journey

We're looking for volunteers to take part in upcoming photoshoots and be featured in pension communications. A professional photographer will come to you and capture moments that celebrate the people behind our pension plan.



Patrick Dunae, retired member

As a thank you, you'll receive free digital copies to share with family and friends. You may also be invited to share your retirement story—helping inspire and connect others in our community.

🔗 To participate, email [memberphotos@pensionsbc.ca](mailto:memberphotos@pensionsbc.ca)



## Register for My Account

 my account

✓ Update your personal information	✓ Manage your beneficiaries
✓ Create an income verification letter	✓ View and print your T4A
✓ Go paper-free	✓ Contact us using Message Centre
✓ View payments and statements	✓ View health and dental coverage



Visit [myaccount.pensionsbc.ca](https://myaccount.pensionsbc.ca) or scan the QR code with your mobile device.

## A bridge to better health coverage

Looking for extended health care (EHC) coverage? It may be closer than you think: your College Pension Plan offers coverage that can meet your needs today and into the future.

Last year, following a survey of retired members, we announced changes to EHC coverage that improved offerings in the areas of vision care, hearing care and paramedical services. We also lowered the deductible, helping reduce costs for plan members and their loved ones.

Not familiar with the plan's EHC coverage? Read on.

### What is EHC coverage and who can enrol?

The EHC coverage offered by the plan is designed to support members in their retirement years. Coverage is available to you, your spouse and your eligible dependants when you retire.

Your College Pension Plan offers EHC coverage that can meet your needs today and into the future.

You can apply for EHC coverage online during the retirement process if you are a permanent resident of Canada and have medical coverage through a provincial health plan in the province where you live. You may also be able to apply after retirement if you have had continuous comparable coverage in another extended health plan, such as your spouse's plan.

Visit [college.pensionsbc.ca/apply-for-retirement-health-coverage-online](https://college.pensionsbc.ca/apply-for-retirement-health-coverage-online) for more information about eligibility.

### Benefits of EHC coverage

Because you'll be responsible for paying the full cost of EHC premiums, it's important to understand the benefits and value you'll be getting from your EHC coverage.

EHC coverage is available to you, your spouse and your eligible dependants when you retire.

EHC covers a broad range of medications—more than BC PharmaCare and many other plans—and offers competitive coverage in the areas of vision care, hearing care, paramedical services and more.

Pension Life is published twice a year. You may receive more than one copy of Pension Life if you receive a pension from more than one plan. Read your statement letter to determine which plan provides your group benefits. Any person entitled to a benefit, or their agent, has the right to examine plan documents, data and public information about the plan.

## Pension payments 2026

July 30	October 29
August 28	November 27
September 28	December 23

For banks outside Canada, direct deposit dates may vary.

For more information, visit [college.pensionsbc.ca/pension-payments-and-dates](https://college.pensionsbc.ca/pension-payments-and-dates)

Of course, coverage is only part of the picture. Health costs increase every year, and the plan's EHC coverage is designed to manage changing costs and maintain affordability over time. It does this through regular usage reviews and by adjusting different costs, such as annual deductibles and reimbursement levels.

Learn more about EHC coverage and recent changes by watching our video Post retirement group benefits coverage: [college.pensionsbc.ca/retirement-health-coverage-and-you](https://college.pensionsbc.ca/retirement-health-coverage-and-you)

## It's time for a security checkup

Keeping your online account safe takes less time than you might think.



Follow these three simple steps to keep your account safe:

- Username: Avoid using your real name or your birth year. It should be hard for a stranger to guess.
- Password: Use a longer passphrase instead of a single word. Mix in some uppercase letters, numbers and symbols to make it unique.
- Contact information: We use two-step verification to keep you safe. Keep your email address up to date so you can receive the secure sign-in code.

Read *Get cyber safe* for more helpful tips to protect yourself online: [college.pensionsbc.ca/get-cyber-safe](https://college.pensionsbc.ca/get-cyber-safe)



Contact GreenShield for questions about your extended health care and dental coverage.

Web: [greenshield.ca](https://greenshield.ca) Toll-free: [1-888-525-7587](tel:1-888-525-7587)

### Retirees' association

Join the Association of BC College Pension Plan Retirees, the group that advocates for your interests. Access discounted group insurance plans covering home, travel and trip interruption.

Sign up for automatic dues deduction, and your first year's membership is free!

Web: [cpr.ca](https://cpr.ca) Toll-free: [1-844-655-6565](tel:1-844-655-6565)



### Pension Life

When contacting the plan, please include your Person ID number (see your pension statement).

Web: [college.pensionsbc.ca](https://college.pensionsbc.ca)  
Toll-free: [1-866-322-8277](tel:1-866-322-8277) (Canada/U.S.)  
Mail: PO Box 9460, Victoria BC V8W 9V8