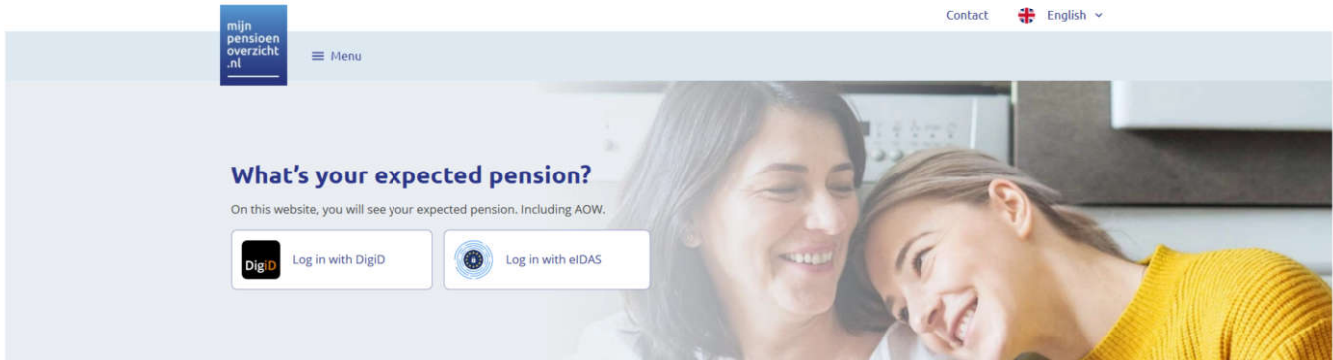
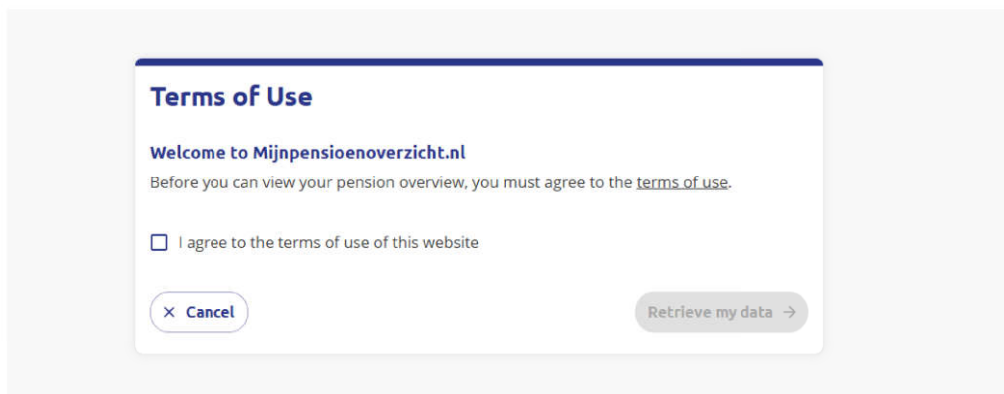


Steps to download my pension overview (as a PDF file)

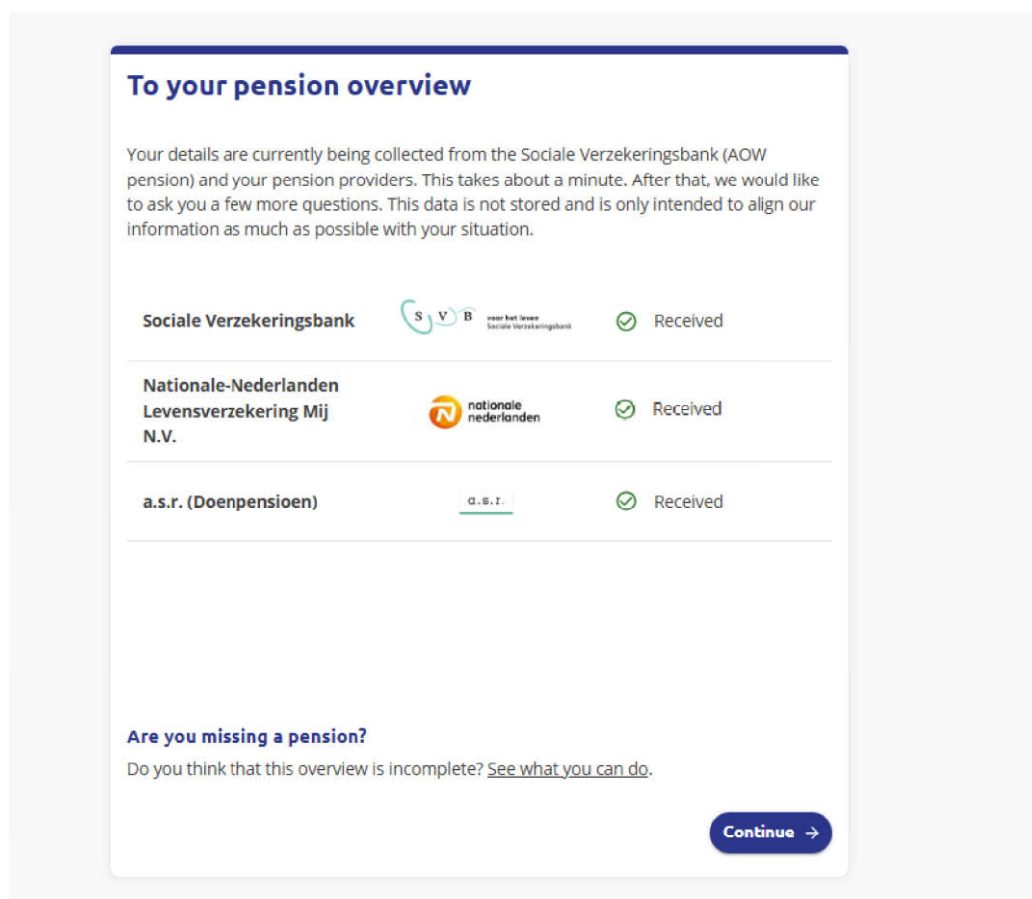
1. Go to <https://www.mijnpensioenoverzicht.nl/en>
2. Choose a way to login



3. If requested, agree to the terms of use of this website



4. Click on 'retrieve my data'



5. Click on 'Continue'

Fill in your current situation

The amount of your AOW (state pension) depends on your situation. Are you living together or married? Then your AOW is lower. Are you single? Then your AOW is higher. Therefore, fill in your situation.

Do you fill in your current salary? Then we compare that with your expected pension. This way, you can immediately see if you will have more or less income than now.

1. What is your living situation? (required)

I have a partner (married, registered partnership, or cohabiting)

I am single (or widow)

2. What is your monthly net income? (optional)

€

[← Back](#) [To the pension overview →](#)


6. Answer the questions and click on 'To the pension overview'

Welcome

This is your expected pension at this time. Your pension may be higher or lower. For example, if the economy is doing better or worse. When your private or work situation changes, these amounts also change.

Please note: This overview shows the AOW age that currently applies. If you were born after September 30, 1964, your AOW age has not yet been determined. Calculate your expected AOW age [here](#). Or read more information [here](#).

Will your pension be adjusted to the new rules? Click [here](#) for an explanation of the amounts you see.



The donut chart is divided into two segments: a larger dark blue segment and a smaller light blue segment. In the center of the chart, there is a text box containing a Euro symbol (€) and the word 'expected'. Below this, it says 'Net per month from 68 years'.

7. Click on 'download pension overview'

Pension overview download

This page contains the documents and files containing your pension overview. This can be downloaded. You can choose from a PDF or an XML file.

PDF [↓ Dutch PDF](#) [↓ English PDF](#)

Do you want to exchange your pension information with another party? We also offer the possibility to download an XML or JSON file. Which of the two files you need is often indicated on the website of the party with whom you want to share your data.

8. Choose the 'Dutch PDF'

9. Save this document, email it to us or upload it through the portal.