TEAMSTERS

# Pre­ RETIREMENT

 **Don’t Forget to Check LIST**

Retiring is something you worked long and hard to achieve. Before it arrives there is plenty to think about and prepare. Since retirement is supposed to be about less stress, this checklist was created to help “de­stress” your retirement planning. It’s the “**Don’t Forget to Check LIST.”** So, congratulations on your upcoming retirement,

talk to your Local Union representatives, and … **Don’t Forget to Check**:

## Your Pension

* What plan (or plans) do you have? ­ Western Conference of Teamsters, Pacific Coast Benefits,

Supplemental Income 401(K), Company Plan, PERS, etc.

* How much is your benefit?
* What are your options for receiving benefits?
* When, where, and how do you apply?

## Post Retirement Health Insurance

* How do you extend active employee coverage through COBRA?
* Are you eligible for Retiree’s Welfare Trust, Western Teamsters Welfare Trust or other retiree’s coverage?
* What is covered & how much will your monthly premium be?
* When, where, and how do you apply?

## Social Security / Medicare

* How much is your Social Security benefit?
* When can you begin receiving Social Security benefits?
* When can you receive Medicare and what does it cover?

## Helpful Phone Numbers/Websites for Retirement Information

**COBRA**

**Washington Teamsters Welfare Trust (**[**wateamsters.com**](http://www.wateamsters.com/) **or** [**nwadmin.com**](http://www.nwadmin.com/)**)** (206) 726­3342 / (800) 932­4790

**Western Teamsters Welfare Trust (**[**nwadmin.com**](http://www.nwadmin.com/)**)** (206) 726­3342 / (800) 932­4790

**Inland Empire Teamster Trust (**[**teamsterbenefits.com**](http://www.teamsterbenefits.com)**)** (800) 872­8979

**United Employees Benefit Trust (**[**unitedemployees.org**](http://www.unitedemployees.org)**)** (253) 474­1214

**Retiree Medical**

**Retiree’s Welfare Trust** (206) 726­3341 / (800) 932­4790

**Western Teamsters Welfare Trust** (206) 726­3235 / (800) 932­4790

**Pension**

**Western Conference of Teamsters Pension Trust (**[**wctpension.org**](http://www.wctpension.org)**)** (206) 726­3266 / (800) 531­1489

**Pacific Coast Benefits Trust** (206) 726­3266

**Supplemental 401(K**) 800) 477­3829

**WA State PERS** (800) 547­6657

**Federal Plans**

**Social Security(**[**ssa.gov**](http://www.ssa.gov/)**)** (800) 772­1213

**Medicare (**[**medicare.gov**](http://www.medicare.gov)**)** (800) 633­4227

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