



**RETIREMENT RESOURCES
UPDATED JULY 2011**

Thinking about retiring? Check out [APSCUF's Pre-Retirement Checklist](#).

Retirement Links from the Pennsylvania State System of Higher Education

[Comparison of SERS, PSERS and Alternative Retirement Plans](#)

[Comparison of the Alternative Retirement Plan \(ARP\) Options](#)

[ARP Document Plan](#)

[Frequently Asked Questions about ARPs](#)

[Retirement forms](#)

[Glossary of terms](#)

Retirement System and Plan Websites

Pennsylvania State Employees' Retirement System (SERS)

30 North Third Street

Harrisburg, PA 17101

1-800-633-5461

ra-sersretc@state.pa.us

- [SERS Member Handbook](#)
- [Update: Information on Act 120 of 2010](#)
- [SERS informational pamphlets](#)
- [SERS guide for retiring members](#)
- [SERS downloadable forms](#)
- [SERS glossary of terms](#)
- [SERS comprehensive annual financial report](#)
- [SERS retirement calculator](#)
- [SERS counseling centers](#)

Pennsylvania Public School Employees' Retirement System (PSERS)

P.O. Box 125

Harrisburg, PA 17108-0125

1-888-773-7748

ra-ps-contact@pa.gov

- [PSERS Member Handbook for active members](#)
- [Update: New legislation affecting members - Act 120 of 2010](#)

- [PSERS Member Handbook for retired members](#)
- [PSERS informational documents](#)
- [PSERS downloadable forms](#)
- [PSERS investment overview](#)
- [PSERS comprehensive annual finance report](#)
- [PSERS retirement calculator](#)

TIAA-CREF

4570 Fifth Avenue
 Suite 300
 Pittsburgh, PA 15213
 1-877-209-3136

- [TIAA-CREF publication list](#)

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[ING](#)

[MetLife](#)

[Fidelity](#)

[Valic](#)

Insurance Information for Retirees

[Medicare Benefits Summary](#)

[Davis Vision Benefit Description](#)

[Davis Vision Claim Form](#)

[Dental Coverage Benefit Description](#)

[United Concordia Dental Coverage Claim Form](#)

[Dental and Vision Insurance Rates](#)

[Long-Term Care Information](#)

[FAQs about Medicare, Highmark and Prescription Drugs](#)

Retirement Research

Public Employee Retirement Commission Report: [Selected Issues Related to Governmental Defined Benefit and Defined Contribution Pension Plans](#)

Additional Resources and Links

Social Security

The Social Security Administration will provide you with a free estimate of your benefits under current law. To get your free estimate of benefits, call 1.800.772.1213 and ask for a Personal Earnings and Benefit Estimate Statement (PEBES). You may also request your PEBES online at www.ssa.gov. After receiving your online request, the Social Security Administration will prepare a PEBES and mail it to you in about three to four weeks. You can also use the Social Security Administration's [Retirement Estimator](#) to calculate your approximate benefit amount.

[Employee Benefits Security Administration](#)

[Centers for Medicare and Medicaid Services](#)

[Retirement Calculators from VALIC](#)

[Retirement Glossary Terms from VALIC](#)

[Net Worth Worksheet from VALIC](#)

[Pension Rights Center](#)

Got Questions?

For more information about retirement, please contact Laura Saccente at lsaccente@apscuf.org or 717-236-7486.