



By taking these steps, you will be able to retire with peace of mind and fully enjoy your favourite activities and projects. We hope you find this checklist useful and we wish you an excellent retirement!

Resources

Beneva
beneva.ca/en/group-insurance/fiq
 Phone: 1-844-580-7646

Retraite Québec
retraitequebec.gouv.qc.ca/en
 Phone: 1-800-463-5533

RIIRS
riirs.org
 Phone: 1-800-639-9519

UNITED DETERMINED MOBILIZED

IN HEALTH CARE

For more information about RREGOP



fiqsante.qc.ca/en/benefits/#retraite



FIQ Montréal | Head Office
 1234, avenue Papineau, Montréal (Québec) H2K 0A4
 514-987-1141 | 1-800-363-6541

FIQ Québec
 1260, rue du Blizzard, Québec (Québec) G2K 0J1
 418-626-2226 | 1-800-463-6770

fiqsante.qc.ca | info@fiqsante.qc.ca

STARTING RETIREMENT OFF ON THE RIGHT FOOT



What steps should be taken?



Once you decide it is time to retire, you will have to take certain steps. This checklist is intended to guide you through this important process.

CHECKLIST OF STEPS TO TAKE

During employment

- Check your **statement of participation** in the pension plan every year.
- If you would like to **buy back service**, you must do it **before you retire**.
- Plan your **overall retirement strategy** (age to claim RREGOP, QPP, OAS, investment management, etc.) to optimize your income. Feel free to consult a financial planner.

Three months before you retire

- Check your **accumulated leave days** (vacation, statutory holidays, etc.).
 - Whether you choose to cash them in or take them as leave will affect your retirement date.
- Confirm **your retirement date** with your employer.
- Complete the **form “Application for a Retirement Pension Under a Public-Sector Pension Plan”** in the My Account section on the Retraite Québec website.
- This is your **last chance** to make a service buy-back.

Within 31 days following the end of your employment

- You may exercise your right to **convert** your group life insurance into individual life insurance.

Within 60 days following the end of your employment

- You must register for **drug insurance** (through your spouse or the RAMQ).
- You can register for **additional health insurance** (through your spouse or an individual contract).



Regroupement interprofessionnel
des intervenantes retraitées
des services de santé

RIIRS brings together more than 11,000 retired healthcare professionals across Quebec. Its mission is to represent the collective voice of its members to defend their rights and interests.

RIIRS offers individual life insurance and complementary health insurance to the RAMQ.

We invite you to contact them or to register with them to become a member.

INSURANCE IN RETIREMENT

Life insurance (optional)

When you retire, your group life insurance comes to an end. You then have three options:

1. Register with RIIRS

- You may transfer an amount equal to or less than the balance you had prior to retirement (up to \$50,000, reduced to \$25,000 at age 70), **without having to provide a medical examination**.
- Any excess amount may be converted using option 2.

Time period: Within 60 days following the end of your employment.

2. Conversion with Beneva

- You may convert all or part of your life insurance sum (and that of your dependents, if applicable) into individual life insurance, up to the amount insured before your retirement.

Time period: Within 31 days following the end of your employment.

3. No registration or conversion

- You refuse all possible coverage.

Drug insurance (mandatory)

If you are eligible for your spouse's group insurance plan:

- You and your dependents are required to join it.
- It is no longer a requirement when your spouse turns 65.

If you are not eligible for any group insurance plan:

- You and your dependents must register with the **RAMQ** for drug insurance coverage.

Additional health insurance (optional)

Your employer will notify Beneva of your departure. The insurer will then send you a kit in the mail with information on individual coverage offered at retirement.

If you do not have access to a group insurance plan (travel insurance, healthcare professionals, hospital room, etc.), you will have three choices:

1. Register for the individual health insurance plan with **RIIRS**.
2. Register for **Beneva's** individual health insurance plan **Perspective**.
3. Not register for **either** of these plans.

Time period: Within 60 days following the end of your employment.

