



Taking all your Nest retirement pot as cash because you're suffering from serious ill health

You can be classed as suffering from serious ill health if you're suffering from a medical condition that gives you a life expectancy of less than one year, and your **registered medical practitioner (RMP)** confirms this.

If you're under age 75 and suffer from serious ill health, you might be able to take your whole retirement pot as tax-free cash as long as the total amount available across all pension schemes doesn't exceed £1,073,100.

If you're 75 or over when your pot is paid out, the cash lump sum will be taxed as part of your income for the year when you get the money. We'll deduct this tax from the amount paid out to you, on behalf of HMRC. However, there may be other options for taking your money out of Nest that may be better for you. For example, different options have different tax implications.

For more information, please read our guide 'Taking your money out of Nest' at nestpensions.org.uk/taking-your-money-out. If you suffer from serious ill health and decide the other options are not appropriate you can apply for a serious ill health cash payment.

What do you need to do now?

If you've decided to apply for a serious ill health cash payment, you'll need to complete Part 1 of the attached form and give Part 2 to your RMP for them to fill in.

To avoid postal delays and speed up the processing of your request you'll need to print, sign and then either scan or take a picture of the completed form and return it using your Nest secure mailbox. Alternatively, you can post the forms to, Nene Hall, Lynch Wood Business Park, Peterborough, PE2 6FY.

What happens next?

We'll check that you can take all your money out of Nest as cash once we receive the completed form.

We'll then let you know our decision and any next steps.

Beware of pension scams

Like anything valuable, your pension can become the target for illegal activities, scams or inappropriate investments.

Scams can take many forms and often appear to be a legitimate investment opportunity. The regulators recommend consumers take the following simple steps to protect themselves from pension scams:

- Reject unexpected pension offers, whether they're made online, on social media or over the phone. If you get a cold call about your pension, the safest thing to do is to hang up – it's illegal and probably a scam
- Check who you're dealing with before changing your pension arrangements to make sure that anyone offering you advice or other financial services is FCA authorised – check the FCA Register [fca.org.uk/scamsmart/how-avoid-pension-scams](https://www.fca.org.uk/scamsmart/how-avoid-pension-scams) or call the FCA helpline on 0800 111 6768
- Don't be rushed or pressured into making any decision about your pension
- Consider getting impartial information and/or advice
- Visit the FCA scam smart website at [fca.org.uk/scamsmart/how-avoid-pension-scams](https://www.fca.org.uk/scamsmart/how-avoid-pension-scams)

If you're a victim of a scam, report it to Action Fraud as soon as possible by calling 0300 123 2040 or visiting [actionfraud.police.uk](https://www.actionfraud.police.uk). The Financial Conduct Authority (FCA) has provided useful information on how to avoid pension scams which you'll find at [fca.org.uk/scamsmart/how-avoid-pension-scams](https://www.fca.org.uk/scamsmart/how-avoid-pension-scams).

Getting guidance

The government has set up a service that offers free, impartial guidance to help you with your financial decisions.

You should use this service to:

- understand the right things to think about when considering your choices, your personal and financial circumstances, and leaving money after you die
- understand the different options for accessing your pension pot(s), and the potential advantages and disadvantages of each
- understand the tax implications of each choice

To find out how to use the free service or book a face-to-face visit or telephone appointment by calling 0800 138 3944 or visit their website [moneyhelper.org.uk/en/pensions-and-retirement/pension-wise](https://www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise).

You can get advice from an independent financial adviser (IFA) before making a decision about what to do with your Nest retirement pot. Details of local IFAs can be found at [unbiased.co.uk](https://www.unbiased.co.uk). Nest won't be responsible for any fees you may be charged for this advice.

We provide online support and answers to frequently asked questions at [nestpensions.org.uk/schemeweb/memberhelpcentre](https://www.nestpensions.org.uk/schemeweb/memberhelpcentre). If you're having difficulty using the website or if you need more information on taking your money out of Nest you can call our contact centre on **0300 020 0090**.

Part 1

To be completed using BLOCK CAPITALS in black or blue ink.

Please read and complete the following sections:

- Your personal details
- Your bank details
- Confirmation of lump sum and death benefit allowance used
- Your declaration

Your personal details

First name:

Last name:

Your Nest ID:

Date of birth:

National Insurance number:

Telephone number:

Your bank details

Please provide your bank details to receive the payment

Please fill out the below to tell us the UK bank or building society account you'd like us to send the payment to. The details you provide should be for a valid current account that's held in your name. If the details provided are for any other type of account, for example a savings' or mortgage account, it could result in a delay processing your claim.

Account holder's name:

Bank / building society name:

Sort code:

Account number (please provide a valid UK current account held in your name):

Roll number (if building society):

You'll need to tell us how much lump sum and death benefit allowance you've used to date.

Confirmation of lump sum and death benefit allowance used

Including this lump sum you're requesting from Nest, any previous tax-free lump sums received from Nest as well as any tax-free lump sums taken from other pension schemes, will it be below the lump sum and death benefit allowance of £1,073,100?

Yes

No

If No, please provide the value of how much you've already taken to date. If you've taken any amounts before 6 April 2024 and are not sure how to calculate the amount used we recommend you seek independent financial advice.

Provide this value up to two decimal places.

If you've already used all your tax-free lump sum allowance, you won't be able to take any more tax-free cash, instead the amount paid will be taxable at your marginal rate of tax.

Do you have HMRC protection on your tax-free allowance?

Yes

No

If Yes, please provide the value of maximum protected amount and the reference number below.

Maximum protected amount:

Reference number:

By signing this form you're agreeing to all the statements above.

Signed

Date

Please read the information in this section and sign the Declarations at the end.

Your declaration

Data Protection – How we'll use your information

The personal information we obtain about you includes information classed as special category data (e.g. health information). We need this data to assess your eligibility for the retirement option you're requesting.

Any personal information we obtain from you or third parties will be kept strictly confidential but may be used by us or passed to trusted third parties including RMPs, third party administrators, insurance industry bodies or HM Revenue & Customs for administrative, complaints, audit or claims purposes.

You can read our full privacy notice PDF, including details of how long we retain your information at nestpensions.org.uk/personal-information-members.

Without your consent to process the information in this form we won't be able to proceed with your request to take your money out. You've the right to withdraw your consent to process this data, however, this will not apply to any processing completed before your request to withdraw your money. To withdraw your consent please contact us on **0300 020 0090**.

HM Revenue & Customs (HMRC) requirement

HMRC require us to tell them if certain types of people are taking their money out of Nest on the grounds of serious ill health. Broadly speaking we need to tell HMRC if you are or have been in the last six years:

- an employer, or a director of an employer's organisation that uses Nest
- a family member, either directly or through marriage/civil partnership, of an employer, or a director of an employer's organisation that uses Nest.

Please tick here if you fall into either of the categories above

Declarations

- I confirm that all the information I've given is true, correct, complete and up to date to the best of my knowledge.
- I understand I might be able to take my whole retirement pot as cash if I'm suffering from serious ill health. I also understand if I take my whole pot as cash I won't be able to use it to get a retirement income.
- If I'm aged 75 or older when the lump sum is paid, I understand income tax will be deducted at a marginal rate from the full cash lump sum and this will be taken by Nest on behalf of HMRC. I also understand there are other options available for taking my money out of Nest, as described in the 'Taking your money out of Nest' guide. I've decided to request a serious ill-health payment rather than any of the other options.
- I understand that I'm responsible for any costs charged by my RMP for completing part two of this form.
- I am giving you my consent to get in touch with my RMP to discuss the information provided on part two of this form, if needed.
- I understand, and agree, that on payment of this retirement pot I'll have no further financial claim against Nest.
- I have read the Data Protection section above and I give my consent for you to process my information (including special category data) for the purposes described above.

By signing this form you're agreeing to all the statements above.

Signed

Date

Part 2

To be completed by your registered medical practitioner (RMP) using **BLOCK CAPITALS** in black or blue ink.

Please provide details about your patient below

Patient's first name:

Patient's last name:

Patient's date of birth:

RMP's declaration of serious ill health:

I confirm / do not confirm¹ that this patient has a life expectancy of less than one year.

Please provide your details and sign below

RMP's first name:

RMP's last name:

GMC reference number:

Surgery / hospital stamp:

If you are registered with another professional body or are practising medicine outside of the United Kingdom, please provide the name of the medical regulator you are registered with and your registration number (if applicable).

Name of the medical regulator you're registered with:

Your registration number:

RMP's signature:

Date:

¹ Please delete as appropriate.