



Ottawa Professional Fire Fighters' Association

About OMERS

Do you understand your OMERS pension plan benefit? We are sharing the introductory OMERS video below. It is a great informational tool to explain the OMERS pension plan.

It covers how OMERS works • registering for My OMERS • retirement plan explanation and how to calculate what your pension plan will look like • buying back time and adding contributions • survivor benefits and more.



myOMERS

As an OMERS member, you have access to your pension information in your secure [myOMERS account](#).

With myOMERS you can:

- print your T4A (retired members only);
- update your contact information;
- send a secure message to OMERS;
- update or designate a beneficiary;
- go paperless;
- view your pension information;
- manage your AVC account;
- complete buy-back purchases;
- estimate your retirement income; and/or
- change your tax (retired members only).

<https://www.omers.com/about-myomers>

OMERS Contribution and Pension Adjustment Calculators

You will find this on the OMERS Website here:

<https://www.omers.com/contributions-and-pa-calculators>