



**ABOUT PRE-RETIREMENT SEMINARS**

Railroad employees and spouses planning on retiring within the next five years, and all rail union officials are welcome to this educational program. Attendees will learn about the retirement benefits available to them, and be guided through the application process. They'll also receive a seminar kit full of helpful materials, and an estimate of their future retirement annuity (if requested in advance). Note: this event closes with a brief presentation on railroad unemployment and sickness benefits.

**HOW TO RSVP**

Due to limited space, registration is required. We encourage anyone who is interested in attending to RSVP online or by mail/fax as soon as possible. If you register for a seminar and become unable to attend, please notify your local field office.



**REGISTER ONLINE at RRB.gov**

Click on: **Our Agency** ► **Office of the Labor Member** ► **Pre-Retirement Seminars**.  
Select your local seminar in the schedule listed, fill in your information, and hit submit.



**Or, RSVP on paper by mail/fax**

Print and complete this form, then mail or fax it to your local RRB field office.  
(Find contact information for any office through **Field Office Locator at RRB.gov**.)

**WHAT TO BRING**

If you have not yet submitted any of the documents required in order to file a railroad retirement application (such as proof of age, marriage, or military service), please bring the original records or certified copies with you, along with an additional copy of each item to leave behind with our staff.

**DID YOU KNOW?**

Employees and spouses preparing for retirement may schedule an appointment for individual pre-retirement counseling, which is provided at any RRB field office or over the phone. Call the agency toll-free (1-877-772-5772) to request an appointment.

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**DATE OF PRE-RETIREMENT SEMINAR** \_\_\_\_\_

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone Number** \_\_\_\_\_ **email** \_\_\_\_\_

**Please provide your spouse's name (if married)** \_\_\_\_\_

**Will your spouse be attending with you?** \_\_\_ **Yes** \_\_\_ **No**

**To help us better prepare, please indicate if you are:**

A railroad union official? \_\_\_ **Yes** \_\_\_ **No**

Covered by the Railroad Employees' National Health and Welfare Plan? \_\_\_ **Yes** \_\_\_ **No**

If you have at least 10 years (120 months) of railroad service, or 5 years (60 months) after 1995, and would like a retirement annuity estimate, please provide the following information:

**Your social security number** \_\_\_\_\_ **Your date of birth** \_\_\_\_\_

**Spouse social security number** \_\_\_\_\_ **Spouse date of birth** \_\_\_\_\_