

SEAFARERS PENSION PLAN

5201 Capital Gateway Drive ■ Camp Springs, MD 20746 ■ P: (800) 252-4674 (Option 2) ■ F: (301) 702-6074 ■ www.seafarers.org

PENSION VERIFICATION AUTHORIZATION FORM

This form is for a Pensioner in the Seafarers Pension Plan ("Plan") to authorize the Plan to release information regarding his or her pension benefits to any individual or organization on his or her behalf. Please complete the entire form. Section 3 of the form must be signed by you. Return the form by: email: pensions@seafarers.org; fax: (301) 702-6074; or mail: Pension Department, 5201 Capital Gateway Drive, Camp Springs, MD 20746

1 Pensioner's Information

Each time that you require verification of your pension benefit income, you must complete another form:

Full Name (First, Middle Initial, Last)

XXX-XX-

Social Security Number

Date of Birth

Age

Mailing Address

City

State

Zip Code

Cell Phone Number

Home Phone Number

Email

2 Pension Verification Requester's Information

- Organization
 Individual

Pension Verification Requester Name

Mailing Address

City

State

Zip Code

Contact Phone Number

Fax Number

Email

3 Pensioner's Authorization

I authorize the Seafarers Pension Plan to release information regarding my pension benefits to the organization or individual requesting verification of my benefits in Section 2. I understand that this pension verification authorization is a one-time request which must be completed each time verification of my pension benefits is required and will not carry forward to future requests.

I certify that the above information is true and correct, and I have provided this information with the understanding that the Seafarers Pension Plan will rely on the information for benefit purposes.

Pensioner's Signature

Date Signed

IMPORTANT NOTE: If there has been a change in your marital status or designated beneficiary, update your information with the Plan immediately. You may request the Seafarers Pension Plan's beneficiary form by calling (800) 252-4674 (Option 2), you can also find it online at www.seafarers.org under About, or at your local port.