

**Section A Must be completed by the beneficiary**  
 (enclose a statement of bank account information or of postal account information)

Social insurance number under which your pension is paid

Family name

Given name

Address

I hereby authorize the Régie des rentes du Québec to pay my pension to the National Bank of Canada so that the Bank can deposit my pension, in the currency of my country of residence, in my account at the financial institution or post office indicated in Section B. I further authorize the Régie to provide all necessary information to the Bank. I acknowledge that this agreement is subject to the laws of Québec and will fall under the exclusive jurisdiction of Québec courts.

Signature of the beneficiary \_\_\_\_\_ Date  year  month  day

Telephone number

**Section B À faire remplir obligatoirement par l'établissement financier ou le bureau de poste**

Nom de l'établissement financier ou du bureau de poste

Adresse

**TYPE DE COMPTE**

**compte bancaire**  
 Numéro de banque  Numéro de guichet   
 Numéro de compte  CLE RIB

**compte postal**  
 Numéro d'établissement  Numéro de guichet   
 Numéro de compte  CLE RIB

Nous certifions que la personne dont le nom paraît à la section **A** est titulaire ou cotitulaire du compte indiqué à la section **B**.

Nom de la personne autorisée par l'établissement financier ou le bureau de poste

Signature de la personne autorisée \_\_\_\_\_ Date  année  mois  jour

Numéro de téléphone

## To sign up for or make a change in direct deposit

### To sign up for or make a change in direct deposit, you must:

- Fill in Section **A** of the authorization;
- Have Section **B** filled in by an authorized person at your financial institution or post office;
- Enclose a statement of bank account information or of postal account information;
- Return the documents to us at the address shown below:

**Régie des rentes du Québec**  
**Case postale 5200**  
**Québec (Québec) G1K 7S9**  
**CANADA**

Rest assured that the information you provide will be kept confidential.

Note: If you are making a change of account, you must wait until you have received a first payment in your new account before closing the old one.

## Some good reasons to sign up for direct deposit

**The Régie des rentes du Québec offers you the possibility of receiving your pension by direct deposit in the currency of your country of residence, in your bank account or postal account at the institution of your choice.**

### Direct deposit is:

- **Simple**  
You receive your pension directly in your bank account.
- **Fast**  
There are no postal or cashing delays.
- **Economical**  
You won't have to pay cashing fees.
- **Safe**  
You will always receive your pension on time even if there is a postal strike.
- **Flexible**  
If you change your mind, you can always ask to receive your payments by mail, in Canadian funds.

More than 91% of the beneficiaries of the Québec Pension Plan receive their pensions by direct deposit.