

Régie des rentes du Québec

Supplemental pension plans



You've got
questions?

We've got
answers!

A wealth of information about pension plans



<http://www.rrq.gouv.qc.ca>

Québec 

Answers to your questions!

Information to help you:

- Better understand your pension plan as it relates to life's stages (work, your life as a couple, retirement, death);
- Plan your retirement.

And on-line services to help you:

- Find the name and address of the contact person for your pension plan;
- Find out who offers LIRAs and LIFs (locked-in retirement accounts and life income funds);
- Calculate the amount you can withdraw from your LIF;
- Simplify the partition of your pension plan in case of a breakdown in your conjugal relationship;
- Simulate and plan your retirement income.

Régie des rentes
Québec 



Answers to your questions!

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- Find out the name and address for information about your pension plan;
- Find out who offers LIRAs and LIFs;
- Calculate withdrawals from your LIF;
- Simplify partition of your pension plan in case of a breakdown in your conjugal relationship;
- Simulate and plan your retirement income.