

Overview of the Northwest GMP retirement application process

Below is a brief overview of the application process. You'll find that our team is here to help, so please don't hesitate to call with any questions! You can reach us at (206) 664-7300 or toll-free at (800) 426-7132.

~ Best regards from your pension administration team ~

Two-Step Process

First, you must submit your retirement application. Then we will mail you a benefit packet; this includes your benefit amounts and a form to choose your benefit type. Other items will also be included, such as direct deposit and tax withholding forms.

Consider your benefit effective date

Applications must be received at least 60 days prior to your effective date. For example, if your application is received by February 20th, your earliest possible effective date would be May 1st.

Look for your benefit packet no later than 30 days prior to your effective date

We process applications in the order of date received and mail your benefit packet no later than 30 days prior to your effective date.

Still active in the plan?

We must verify that you have terminated from covered employment for a period of at least 60 consecutive days before benefits can commence.

Can I work after I start receiving benefits?

Please contact the pension office with any questions regarding employment. The rules on re-employment after your effective date are complex.