University Pension Plan (UPP)

UPP is a multi-employer, jointly sponsored, defined benefit pension plan, founded on the promise of a dependable and secure lifetime pension income for its members, while delivering service excellence and giving members a voice in their plan. The University of Guelph is proud to offer our employees membership in UPP as a part of our total compensation package.

On August 12, 2024 UPP transitioned pension administration from the University of Guelph to UPP. Whether you are an active contributing member, or a retiree, you will now receive direct support from UPP Member Services for any questions you may have about your pension. Commonly asked questions include those related to your enrolment into UPP, pension transfer-in, termination, retirement, and other related topics.

Use the myUPP Member Portal [1] to securely sign-in to the UPP pension platform where you can access your personal information and tools to manage your pension account:

- Electronically send and receive documents
- View your membership information
- Update your contact details, beneficiary and other information
- Plan for your future by running pension estimates [2]
- Pensioners can update their banking information and view payment history

If you have any questions about your pension, you can contact UPP's team of pension experts directly through any of the channels below:

- Online: Send a Secure Message through the myUPP Member Portal [1]
- Phone: 1-833-627-7877 (Monday to Friday, 8:30am – 5pm ET)
- Email: memberservices@universitypensionplan.ca [3]
- Mail: PO Box 70, Toronto ON M5C 2H8

To learn more, please visit the UPP Member Experience [4] page.

Information about UPP:

- UPP Member Handbook: Your guide to UPP [5]
- Eligibility to join UPP [6]
- FAQs [7]

Information about your Pension & Useful Links:

- Transferring Service From Your Previous Employer's Pension Plan [8]
- Leaves of Absence & Disability [9]
- Retirement Planning [10]
- Forms and Resources [11]
- Pension Projection Calculator [2]
- Pre-Conversion Pension Benefits booklet [12] (pre-UPP / pre-July 2021)

Source URL:https://www.uoguelph.ca/hr/staff-faculty/university-pension-plan-upp

Links
[1] https://uppprodmss.v3locity.com/login/88856d63-7357-449b-9687-70332096d01cdemoqa [2] https://myupp.ca/members/estimate-your-pension/ [3] mailto:memberservices@universitypensionplan.ca [4] https://myupp.ca/members/experience/ [5] https://myupp.ca/members/plan-basics/ [6] https://myupp.ca/members/joining-the-plan/ [7] https://myupp.ca/members/faqs/ [8] https://myupp.ca/wp-content/uploads/2024/08/UPP-Pension-Transfer-in-Application.pdf [9] https://myupp.ca/members/leaves-and-disability/ [10] https://myupp.ca/members/preparing-for-retirement/ [11] https://myupp.ca/members/forms-and-documents/ [12] https://www.uoguelph.ca/hr/hr-services-total-compensation/Pre-Conversion-Service-Pension-Benefits-Booklet