

1. KAP-KL – occupational pension for municipalities and regions

If you work in a municipality, region, local federation, municipal association or municipal company and did not switch to AKAP-KR in 2023, you are covered by the KAP-KL pension agreement.

When your employer makes a pension payment, Pensionsvalet transfers the money to your chosen insurance company. The transfer is made at the end of March each year.

What is included in the KAP-KL occupational pension?

Everyone covered by KAP-KL is entitled to:

- Defined-contribution retirement pension
- Survivors' pension

If you have a slightly higher salary, you can also earn towards a defined-benefit retirement pension.

Certain groups, such as those working in the emergency services, can receive a special collectively agreed occupational pension from the age of 58.

How much your employer pays into your occupational pension

Once you turn 21, every year your employer pays part of your salary into a defined-contribution retirement pension.

The employer pays:

- 4.5% of your annual income up to 30 income base amounts*

If you have an income of more than 7.5 income base amounts, you also contribute to a defined-benefit retirement pension from the age of 28.

To receive a full defined-benefit retirement pension, you must have worked for 30 years. The pension is based on your pensionable salary above 7.5 income base amounts and the time you worked after 1998 (in some cases, time before 1998 may also count).

**The government sets an annual income base amount based on wage developments in Swedish society. This income base amount is used for calculating pension contributions.*

Choices for your defined-contribution pension

You can make the following choices for your defined-contribution retirement pension:

- Which insurance company should take care of your pension money
- Whether the pension is to be invested in a traditional insurance policy or unit-linked insurance
- Whether you want repayment cover. This cover means that your family will receive your pension money when you die. There is no extra cost, but if you choose repayment cover, your own pension will be slightly lower.

Log in to pensionsvalet.se to choose your insurance company and type of savings. You can change the repayment cover with the insurance company you have chosen.

If you do not make a choice, your pension money will be placed in a traditional insurance policy with repayment cover with KPA Pension.

Feel free to compare the companies' contributions, fees, and historical returns. You can change your choice for your future pension at any time, and you also have the option of transferring capital you have already earned to another insurance company.

2. How you choose

When your employer makes a pension payment, Pensionsvalet transfers the money to your chosen insurance company. The transfer is made at the end of each quarter, and you can see how much your employer has paid into your occupational pension when you log in to pensionsvalet.se.

When you start a new job, you will receive a letter from Pensionsvalet inviting you to make some choices about your occupational pension, which we also explain.

You can choose which insurance company will take care of your future occupational pension and whether it will be invested in a traditional insurance policy or in unit-linked insurance.

If you do not make a choice, your pension money will be placed in a traditional insurance policy with repayment cover with KPA Pension.

Log in to make your choice

Once you have logged in to pensionsvalet.se, you can choose which insurance company will take care of your occupational pension and whether it should be invested in a traditional insurance policy or in a unit-linked insurance policy.

Choose your insurance company

Choose which insurance company will take care of your pension money.

You can compare:

- different companies' contributions and fees
- historical returns over the past five years

Keep in mind that historical returns are no guarantee for the future.

Choose the type of savings

Choose whether you want your occupational pension to be saved in a traditional insurance policy or in a unit-linked insurance policy.

Traditional insurance:

- Savings with a guaranteed amount
- The money is invested on your behalf
- The contributions are usually lower than for a unit-linked insurance policy

Unit-linked insurance:

- Savings without a guaranteed amount
- Money is automatically saved in pre-selected funds, but you can also choose the funds yourself
- The contributions are usually higher than for a traditional insurance policy

How to transfer capital you have already earned

If you were previously employed by a local or regional authority, you can choose to transfer the occupational pension you have earned so far.

You will receive a summary of all your policies with transferable capital and see how much capital is held by each insurer. Only when you have this information will you decide whether to make a move.

How to make a transfer:

1. Log in to pensionsvalet.se
2. Select "Transfer occupational pension"
3. Request a summary of your transferrable capital
4. Review the summary
5. Select the type of savings and the insurance companies between which you want to transfer capital
6. The transfer starts – you can cancel it within 10 days
7. A move usually takes around 45 days.

3. As you approach retirement

After a long working life, many people look forward to retiring. Perhaps you want to stop working altogether, reduce your hours or continue working for a while longer.

Here are some things to think about before you decide:

1. Keep track of your pensions

You may have pensions from several employers. Log in to the insurance companies you have had, or to minpension.se to see your entire pension – your national pension, occupational pension and personal savings. Minpension is an independent pension service that shows you how much you have contributed to all your pensions.

2. When do you want to start drawing your pension?

If you work in a municipality or region, you can usually draw an occupational pension from the age of 62. You have the right to continue working until the age of 69. The longer you work, the higher your pension will be. At minpension.se, you can test out your timing options and see how much you can receive in pension, depending on when you retire. Keep in mind that you don't have to draw all your pensions at the same time.

3. How long do you want to draw your pension?

You decide for yourself how long the occupational pension will be paid out. You can receive payments for a period ranging from ten years to the rest of your life. Think about how your finances will be in the long term. Most people opt for a lifetime payout, as we often live longer than we think we will.

4. Do you need cover for your family?

If you work in a municipality or region, repayment cover is included in your occupational pension. This means that your spouse, partner or children can receive your pension money when you die. If you don't have a family, you can eliminate the cover and receive a little more pension yourself.

Check with your chosen insurance company to find out whether you have repayment cover.

Apply for a national pension

The national pension is paid by the Swedish Pensions Agency and consists of

- Income pension
- Premium pension
- Possibly a supplementary pension

The year you were born determines the earliest you can apply for a national pension. It is best to apply three months before you want to receive your first pension payment, or six months in advance if you have lived abroad.

You can apply for a national pension once you have logged in with e-identification at pensionsmyndigheten.se. If you do not have e-identification, contact the Swedish Pensions Agency's customer service at +46 (0)771-776 776.

Apply for an occupational pension

If you have had multiple employers, you can receive an occupational pension from several sources. If you have had multiple employers, you can receive an occupational pension from several sources.

Your occupational pension under AKAP-KR is paid automatically from the month after you turn 70. However, you can choose to draw it earlier or later, but no sooner than from the age of 62. You have the possibility to pause and extend the payment period of an ongoing payment.

Contact your chosen insurance company to start the payment.

If you have a defined-benefit pension, the earliest you can draw it is from age 61. To do so, you apply to your employer, usually at least three months before you want your payment.

If you have reached the age of 28 and were employed by a municipality or region before 1998, you have also earned a pension under older pension regulations, known as accrued pension rights. This pension is usually paid for life, from age 61 at the earliest and from age 67 at the latest. Apply to your employer.