



The Cook Islands National Superannuation Fund Pension Rates

Effective 1 March 2018

Age	Rate
55	63
56	64
57	64
58	65
59	66
60	67
61	68
62	69
63	69
64	71
65	72
66	73
67	74
68	76
69	78
70	79
71	81
72	83
73	85
74	87
75	89

How to calculate your pension: If the balance of your CINSF is \$50,000 at the age of 60, then divide \$50,000 by 1,000 = 50, look up the age 60 on the table and it shows 67, then $50 \times 67 = \$3,350$, $\$3,350$ divide by 12 months = \$279.16 per month. This is the monthly pension you will receive.