

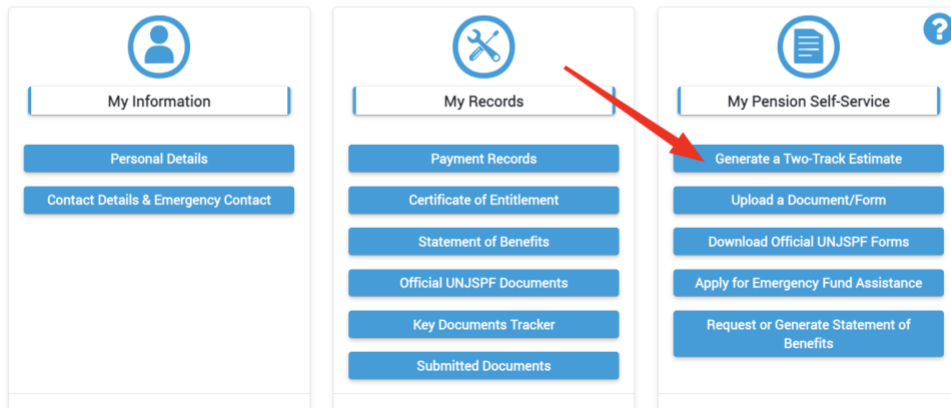
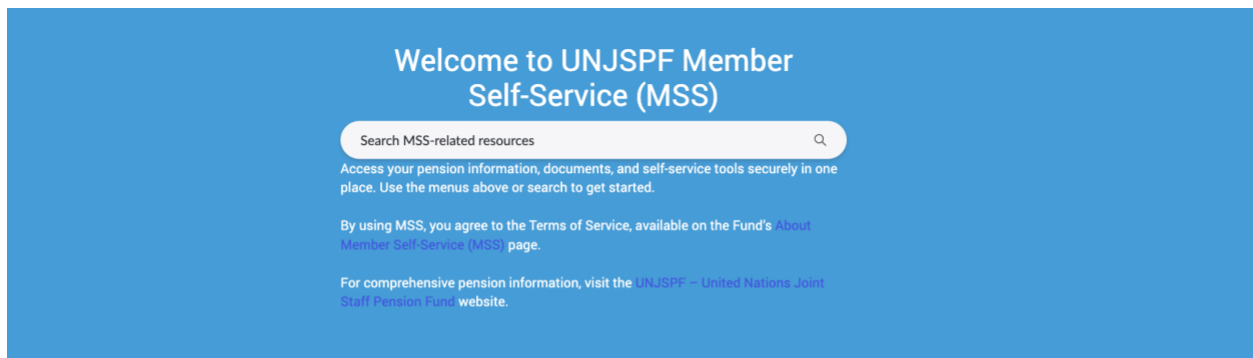


How to run two-track estimates in Member Self-Service

Step 1: Access the MSS landing page at: <https://member.unjspf.org/>

Step 2: Log in MSS.

Step 3: Click on **Generate a Two-Track Estimate**.



Step 4: Click on "Generate Two-Track Estimate".

Home > Generated Two-Track Estimates

Use this button to generate a two-track estimate. The document will remain available on this page.

[Generate Two-Track Estimate](#)

Date	Name	Recipient	In	Out	View	Download
20/04/2026 11:35:00	Change of COR Estimate SS			Out		
20/04/2026 11:34:00	Change of COR Estimate SS			Out		
17/04/2025 22:31:00	Estimate SS			Out		
07/03/2025 21:21:00	Estimate SS			Out		
31/10/2024 10:14:00	Estimate SS			Out		
28/07/2023 10:39:00	Estimate SS			Out		
28/07/2023 10:24:00	Estimate SS			Out		
28/07/2023 10:23:00	Estimate SS			Out		
27/05/2022 10:25:00	Estimate SS			Out		
07/06/2021 12:08:00	Estimate SS			Out		
07/06/2021 12:05:00	Estimate SS			Out		
26/03/2019 22:28:00	Estimate SS			Out		
14/01/2018 15:08:00	Estimate SS			Out		
04/12/2017 14:15:00	Estimate SS			Out		
23/03/2017 14:31:00	Estimate SS			Out		
15/03/2017 15:18:00	Estimate SS			Out		
08/09/2016 09:42:00	Estimate SS			Out		
08/09/2016 09:39:00	Estimate SS			Out		
08/09/2016 09:35:00	Estimate SS			Out		

< > Rows 1 - 19 of 19

Step 5: Select your **Effective Date** and **New Country of Residence**. Click on “**Submit**”.

Estimate

Generate estimates to know your future benefit option(s) and estimated entitlement amount(s)

On this page, you can generate a benefit estimate based on the information currently recorded in the Fund's systems, whether you are an active participant or a retiree/beneficiary.

Estimates generated in Member Self-Service (MSS) are indicative only and are neither audited nor signed. Once generated, the estimate will be available inside your MSS portal, under My Pension Self-Service > Generate an Estimate, OR under My Records > Official UNJSPF Documents.

For detailed information on benefit estimates, including how estimates are calculated, important limitations, deferred retirement estimates, and two-track estimates for retirees and beneficiaries, please visit the Benefit Estimates page in the For Clients section of the UNJSPF website: <https://www.unjspf.org/for-clients/benefit-estimates/>

* Indicates required

Requested For
TncRVD uCHC

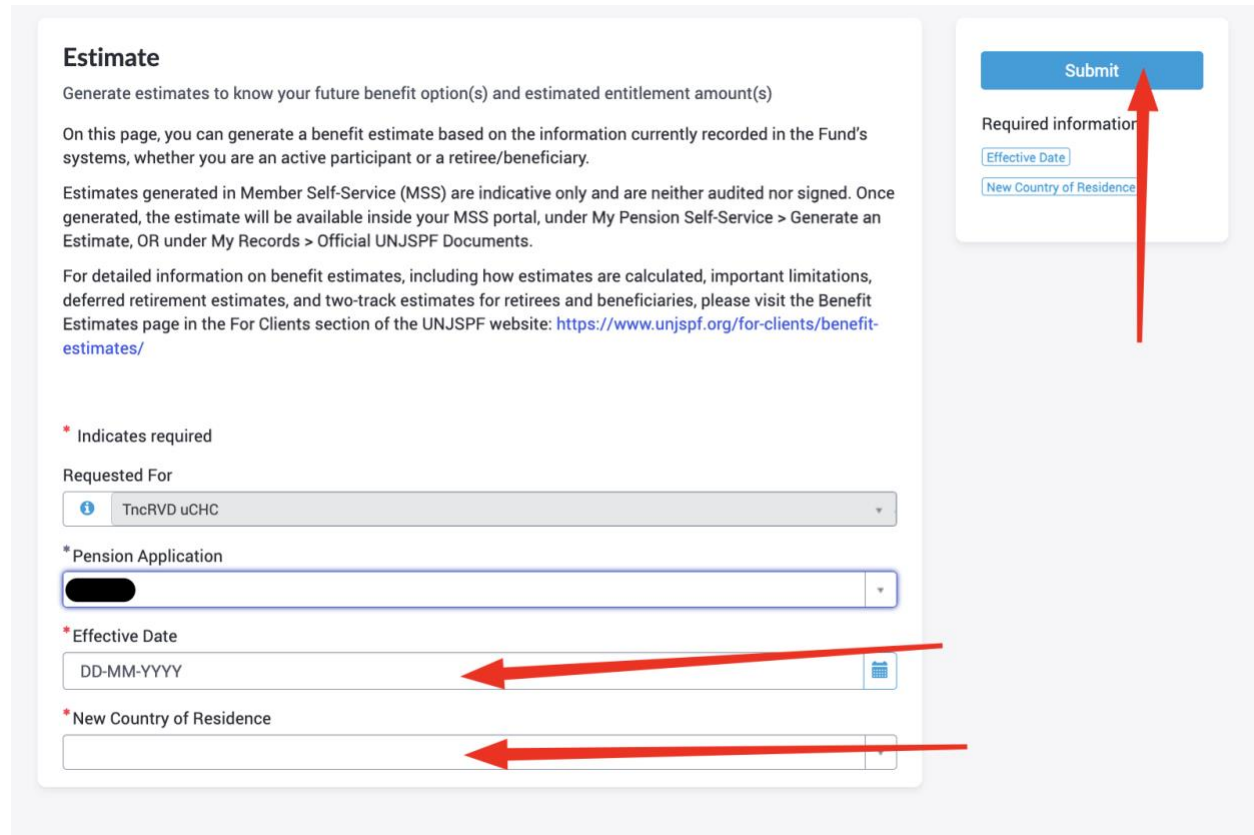
* Pension Application
[Redacted]

* Effective Date
DD-MM-YYYY

* New Country of Residence

Submit

Required information
Effective Date
New Country of Residence



Step 6: You will be taken back to the estimates screen. Here you will see a list of all estimates you have generated. Click on the **eye icon** to see the document or on the **down arrow** to download the document.

Home > Generated Two-Track Estimates

Use this button to generate a two-track estimate. The document will remain available on this page. [Generate Two-Track Estimate](#)

Date	Name	Recipient	In/Out	View	Download
06/05/2026 13:53:00	Change of COR Estimate SS	[Redacted]	Out		
20/04/2026 11:35:00	Change of COR Estimate SS	[Redacted]	Out		
20/04/2026 11:34:00	Change of COR Estimate SS	[Redacted]	Out		
17/04/2025 22:31:00	Estimate SS	[Redacted]	Out		
07/03/2025 21:21:00	Estimate SS	[Redacted]	Out		
31/10/2024 10:14:00	Estimate SS	[Redacted]	Out		

