



The Cook Islands National Superannuation Fund Pension Rates

Effective 08th April 2024

Age	\$ Pension rate for each \$1,000 invested.
55	61
56	61
57	61
58	62
59	62
60	63
61	64
62	64
63	65
64	66
65	66
66	67
67	68
68	69
69	70
70	71
71	72
72	74
73	75
74	76
75	78

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 63, then $50 \times 63 = \$3,150$, $\$3,050$ divide by 12 months = \$262.50 per month. This is the monthly pension you will receive.