PH Retirement Guide

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Retirement in the Philippines A Practical Guide

SSS, GSIS, PhilHealth, Pag-IBIG, OSCA card and senior citizen benefits — in plain language, with official sources.

Informational guide — Not financial advice phretirementguide.com · June 2026

INTRODUCTION

Who is this guide for?

This guide is for Filipinos aged 50 and above — or approaching retirement — who want to understand their SSS or GSIS pension, senior citizen benefits, PhilHealth coverage and the non-financial dimensions of retirement. All information is based on official sources.

Notice: PH Retirement Guide is an independent informational publication — not affiliated with SSS, GSIS, PhilHealth, Pag-IBIG, OSCA or any Philippine government agency. Not financial advice. Verify your details at sss.gov.ph or call SSS: 1455.

SECTION 1

SSS and GSIS — What to Verify Before You Retire

The Philippine retirement income system has several pillars. Understanding what you have enrolled in — and what you will actually receive — is the foundation of any realistic retirement plan.

Table 1: Main retirement benefit schemes in the Philippines

Benefit / Scheme	Who Qualifies	Key Feature	Verify At
SSS Monthly Pension	Private sector, min. 120 contributions	**Monthly pension for life**	sss.gov.ph · SSS: 1455
GSIS Pension	Government employees	**Monthly pension + benefits**	gsis.gov.ph
Pag-IBIG Provident Fund	All Pag-IBIG members	**Lump sum or installment**	pagibigfund.gov.ph
PhilHealth (Senior)	Senior citizens, esp. indigent 60+	**No premium for indigent 60+**	philhealth.gov.ph
Senior Citizen Discounts	All citizens aged 60+	**20% discount + VAT exemption**	OSCA · osca.gov.ph

OSCA Card	All citizens aged 60+	**Required for all discounts**	Local city/municipal hall

Source: SSS · GSIS · PhilHealth · RA 9994 (Expanded Senior Citizens Act)

What to verify before you retire

Your SSS contribution history and estimated monthly pension — check at sss.gov.ph or My.SSS portal

Whether you have met the minimum 120 monthly contributions for SSS pension

Your GSIS benefit if you are or were a government employee

Your Pag-IBIG provident fund balance and MP2 savings at pagibigfund.gov.ph

PhilHealth coverage after retirement — and whether you qualify for the indigent senior program

Your OSCA card eligibility (from age 60) at your local city or municipal hall

All 20% discounts and VAT exemptions under Republic Act 9994

SECTION 2

Senior Citizen Benefits — The Full List Under RA 9994

Republic Act 9994 (Expanded Senior Citizens Act of 2010) gives all Filipino citizens aged 60 and above a comprehensive set of discounts and exemptions. Many eligible seniors are not using all of them.

Table 2: Benefits under RA 9994 — what you are entitled to

Benefit	Discount / Exemption	Where it Applies
Medicines and medical supplies	**20% + VAT exempt**	All pharmacies and drugstores
Medical and dental services	**20% + VAT exempt**	Government and private hospitals, clinics
Diagnostic services	**20% + VAT exempt**	Laboratories and imaging centers
Restaurants	**20% + VAT exempt**	Dine-in; show OSCA card
Grocery and food	**5% on basic commodities**	Supermarkets; policy varies by store
Domestic air and sea travel	**20% + VAT exempt**	All domestic carriers
Public transport (LRT, MRT, buses)	**20%**	Government-operated transport
Hotels and accommodation	**20% + VAT exempt**	Government-accredited establishments
Recreational centers (cinemas, etc.)	**20% + VAT exempt**	Government-operated facilities
Priority lanes	**Mandatory at all offices**	Government and private establishments

Source: RA 9994 (Expanded Senior Citizens Act of 2010) · osca.gov.ph · Always carry OSCA card when claiming discounts.

How to get your OSCA card

Go to your local city or municipal OSCA office (Office for Senior Citizens Affairs)

Bring: valid government ID, proof of age (birth certificate or passport), 1x1 or 2x2 ID photos

The card is FREE — no application fee

No income requirement — all citizens aged 60+ are eligible

Card is valid nationwide at all establishments required to honor RA 9994

SECTION 3

PhilHealth Coverage After Retirement

PhilHealth provides health insurance coverage for all Filipinos. After retirement, your coverage status depends on how you were previously enrolled and whether you qualify for any of the special senior citizen categories.

Table 3: PhilHealth coverage for senior citizens

Category	Premium Required?	How to Access
Indigent senior citizen (60+)	**No — government-subsidized**	Register with DSWD / PhilHealth office
Senior citizen with SSS pension	**Deducted from pension**	Automatic — verify at philhealth.gov.ph
Senior citizen with GSIS pension	**Deducted from pension**	Automatic — verify at philhealth.gov.ph
Lifetime member (10+ years paying)	**No premium required**	Verify lifetime status at philhealth.gov.ph
Senior, no pension (non-indigent)	**Voluntary contribution**	Enroll as voluntary at philhealth.gov.ph

Source: philhealth.gov.ph · PhilHealth hotline: (02) 8441-7442

Check your PhilHealth membership number and status at philhealth.gov.ph

If you have 10+ years of contributions, verify if you qualify as a lifetime member (no premium)

If you are indigent and not yet enrolled: contact your local DSWD or PhilHealth office

PhilHealth covers hospitalization, surgery, outpatient consultations and medicines within the benefit package

SECTION 4

Pag-IBIG Provident Fund — Claiming Your Savings

Your Pag-IBIG provident fund accumulates from your monthly contributions. At retirement, you can claim this as a lump sum or in installments. The MP2 (Modified Pag-IBIG II) savings program also offers higher dividends for voluntary savers.

Check your total Pag-IBIG savings at pagibigfund.gov.ph or the Virtual Pag-IBIG portal

You can claim your provident fund savings at age 60 (optional retirement) or 65 (mandatory)

MP2 savings can be withdrawn after 5 years — check your balance and maturity date

Bring: valid government ID, Pag-IBIG membership ID, proof of retirement

Claims can be filed online or at any Pag-IBIG branch nationwide

SECTION 5

The Four Dimensions Most Filipinos Don't Plan For

1. Income Replacement Rate

What percentage of your current monthly expenses will your SSS or GSIS pension cover?

Most retirement planners recommend targeting 70-80% of pre-retirement income

Filipino retirees often continue supporting adult children, grandchildren or elderly parents — include this in your budget

Add all income sources: SSS/GSIS pension, Pag-IBIG, savings interest, rental income, part-time work

2. Healthcare Cost Escalation

Medical costs after 60 tend to rise significantly — especially after 70

PhilHealth and senior citizen discounts help but out-of-pocket costs remain

Plan a separate health emergency fund beyond PhilHealth and discounts

Use your OSCA card consistently to maximize the 20% savings on medicines

3. Purpose and Daily Structure

The loss of workplace identity and daily routine is one of the strongest predictors of retirement dissatisfaction

Plan specific activities, volunteer roles or projects before you retire — not after

Community involvement, church participation and family roles help maintain a sense of purpose

Filipinos with strong community and social ties tend to transition to retirement more smoothly

4. Family Financial Obligations

Filipino retirees frequently continue supporting adult children, grandchildren or elderly parents

This is culturally important but rarely built into retirement income projections

Have an honest family conversation about financial expectations after retirement

Set a realistic "family support" budget as a fixed monthly line item, not an open-ended commitment

SECTION 6

Retirement Readiness Checklist

Item to Check	Where / How	Status
SSS / GSIS	sss.gov.ph or My.SSS	**Verify now**
Pag-IBIG balance	pagibigfund.gov.ph	**Verify now**
PhilHealth status	philhealth.gov.ph	**Verify now**
OSCA card	Local city/municipal OSCA office	**Verify now**
RA 9994 discounts	osca.gov.ph	**Verify now**
Income replacement calculation	Own estimate	**Plan now**

Healthcare emergency fund	Own planning	**Plan now**
Family support budget	Family conversation	**Plan now**
Post-retirement purpose plan	Own planning	**Plan now**
Spouse/family alignment	Family conversation	**Plan now**

SECTION 7

Official Contacts

Agency / Service	Contact	For What
SSS Hotline	1455 (toll-free)	Pension estimates, contributions, loans
SSS Online Portal	sss.gov.ph / My.SSS	Contribution history, pension estimate
GSIS	gsis.gov.ph	Government pension, GSIS benefits
PhilHealth Hotline	(02) 8441-7442	Health coverage, membership, claims
Pag-IBIG	pagibigfund.gov.ph	Provident fund, MP2, housing loans
OSCA Card	Local city/municipal hall	Senior citizen ID, RA 9994 benefits
DSWD	dswd.gov.ph	Indigent senior support, 4Ps
