

Helpful Links and Forms Library

Your resource to learn about, enroll in and engage with the CalPERS 457 Plan


A convenient way to save.

The CalPERS 457 Plan is a voluntary savings program that allows you to defer any amount, subject to annual limits, from your paycheck on a pre-tax and/or Roth after-tax basis (if your employer can process Roth contributions from their payroll). Your contributions and their earnings, if any, can benefit from the power of tax-deferred compounding. For the latest news, take a look at our [plan newsletter](#).


If you'd like to schedule an account review, schedule a one-on-one personal phone appointment with your dedicated Account Manager today. [Click here to learn more.](#) Ready to schedule your appointment now? [Click here.](#)

Already enrolled? [Click here to log into your account.](#)

Please see below for a list of CalPERS 457 Plan enrollment and participant forms:

Form Name 	Purpose/Use
PARTICIPANT CHANGES/ENROLLMENTS	
Enrollment kit	Review features and benefits, and enroll in the CalPERS 457 Plan
Participant change authorization form	Change contribution amounts, change contribution sources ¹ , or suspend contributions ²
Beneficiary designation form	Designate or update beneficiaries
TRANSFERS/ROLLOVERS	
Rollover contribution form	Roll in accounts from retirement accounts open through previous employers
Inter-plan transfer form	Transfer from a previous employer's CalPERS 457 Plan into your current employer's CalPERS 457 Plan
In-plan Roth conversion	Convert some or all of your pre-tax CalPERS account to your designated Roth account in the same plan
DISTRIBUTIONS	
Distribution request form	You may request a distribution after separation/retirement, change current distribution option, or alternate payee distribution per Qualified Domestic Relations Order
<small>Distributions are considered a taxable event and subject to federal and state tax withholding, unless rolled directly to another plan. Please contact your dedicated Account Manager for assistance in considering your distribution options.</small>	
Death distribution request form	For surviving spouse and/or beneficiary(ies) to request distributions (one form per beneficiary)
In-Service withdrawal/Transfer request form	You may request an in-service transfer for another pension plan service credit purchase, a withdrawal from your rollover source, or a small account withdrawal
Unforeseeable emergency withdrawal application	Please understand the rules for emergency withdrawals prior to applying



Form Name 	Purpose/Use
MISCELLANEOUS FORMS	
Application for electronic direct deposit	For participants receiving scheduled installment payments only
Birth or adoption withdrawal form	Please understand the birth or adoption withdrawal requirements prior to applying

Special 457 Catch-Up

The CalPERS 457 Plan also allows you the opportunity to make up for lost time by catching-up on contributions you could have made in previous years but didn't. If you are an employee who is within three calendar years of the year in which you will attain "normal retirement age" as defined by the CalPERS 457 Plan, you may use the Special 457 Catch-Up provision to increase your contributions to as much as twice the otherwise applicable deferral limit — for example, using the Special 457 Catch-Up provision in 2026, you could contribute up to \$49,000 total (2 x \$24,500). In order to take advantage of this provision, you must designate a "Normal Retirement Age" by completing and returning a **Three-year special 457(b) catch-up worksheet** to your employer for processing.

Designating your "normal retirement age" is for the purpose of determining the beginning of the three-year catch-up period only. You do not have to actually retire at the age you designate. You may designate your own "normal retirement age" between age 50, the earliest age at which you can take a normal pension allowance, and age 73, the age at which the IRS requires you to begin distributing pre-tax money from the deferred compensation plan.

When designating a "normal retirement age," you should consider choosing an age that is four or five years away to allow you three full calendar years to make catch-up contributions before the age you have designated. If you will turn age 55 in 2029 and designate that as your "normal retirement age," for example, you can increase your catch-up contributions to twice the normal applicable deferral limit during calendar years 2026, 2027, and 2028. In 2029, when you would attain the normal retirement age you have designated, your maximum contribution limit would be based on the Ages 50-59 or 64+ catch-up limit set for the year.

Note: If you are eligible for the Special 457 Special Catch-Up and the Ages 50-59 or 64+ or Ages 60-63 catch-up contribution option in 2026, IRS rules provide that you must use the catch-up that allows you to contribute the greater amount. For additional information, please call the CalPERS Plan Information Line at **800-260-0659**.

¹ If your employer can process Roth after-tax contributions from their payroll.

² If required by your agency

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