

Worked in the Philippines, living in the United States

A one page note from PensionHunter for consular staff and the people they serve.

Where the pension record sits in the Philippines

My.SSS (Social Security System)

Source: sss.gov.ph, verified 7 June 2026. <https://www.sss.gov.ph/>

The route from abroad

The obvious free route is My.SSS (Social Security System). What it asks for: Requires a registered My.SSS account (SS number); OTP verification. Source: sss.gov.ph, as recorded in our portal directory, verified 7 June 2026.

A deadline we hold for the Philippines

An SSS retirement pensioner living outside the Philippines must comply with the Annual Confirmation of Pensioners (ACOP) programme each year, or the monthly pension is automatically suspended one month after the pensioner's birth month.

Source: sss.gov.ph, read 24 September 2026. <https://www.sss.gov.ph/comply-to-the-acop-program/>

Every deadline we hold for the Philippines: <https://pensionhunter.ai/deadlines/philippines>

Check your own working life for free

Tell us where you worked. The free check shows which countries may hold a pension for you, and which can be ruled out and why. No sign in, no charge.

Run the free check:

https://pensionhunter.ai/pension-checker?country=philippines&utm_source=consulate&utm_medium=print&utm_campaign=ph-us

No. We identify where a pension is likely held and the official route to it, and we name each source with the date we read it. We do not give financial, tax or legal advice.

Made from our own data, as read up to 24 September 2026. The PensionHunter Team, hello@pensionhunter.ai