

Worked in Portugal, living in France

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

Where the pension record sits in Portugal

Seguranca Social Direta (SSD)

Source: seg-social.pt, verified 6 September 2026. <https://www.seg-social.pt>

The route from abroad

Nothing is paid until an application is lodged, and the pension is due from the application date or a date chosen by the applicant, never before it. The self service route is Seguranca Social Direta, which needs a NISS plus a password, a Cartao de Cidadao read by a card reader with its software installed, or a Chave Movel Digital. The password is issued against the address Seguranca Social already holds, with a verification code sent by SMS, email or post in about eight working days. Someone who left Portugal decades ago is rarely in that file at a current address. The guide also sends a non resident to the social security institution of the country of residence, not to the Centro Nacional de Pensoes, and states an average of 120 days. Source: seg-social.pt, read 4 October 2026.

A deadline we hold for Portugal

Portugal pays the old-age pension only from the application, never for the months before it.

Source: files.diariodarepublica.pt, read 24 September 2026. <https://files.diariodarepublica.pt/1s/2007/05/09000/31003116.pdf>

Every deadline we hold for Portugal: <https://pensionhunter.ai/deadlines/portugal>

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=portugal&utm_source=consulate&utm_medium=print&utm_campaign=pt-fr

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 4 October 2026. The PensionHunter Team, hello@pensionhunter.ai