

Worked in the United States, living in Mexico

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

Where the pension record sits in the United States

my Social Security (SSA)

Source: ssa.gov, verified 6 September 2026. <https://www.ssa.gov/myaccount>

The route from abroad

SSA's handbook states you must file an application to become entitled to benefits. Online self-service needs a US Social Security number and an identity check, and SSA does not state what happens if your foreign document or your non US phone number will not pass it. Even with an account working, SSA's own application page sends an overseas applicant off the website. Source: ssa.gov, read 3 October 2026.

A deadline we hold for the United States

An application for the Social Security lump-sum death payment must be filed within 2 years after the insured worker's death.

Source: secure.ssa.gov, read 24 September 2026. <https://secure.ssa.gov/poms.nsf/lnx/0300210001>

Every deadline we hold for the United States: <https://pensionhunter.ai/deadlines/united-states>

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=united-states&utm_source=consulate&utm_medium=print&utm_campaign=us-mx

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