



Can I take my MPF benefits if I retire early?

Most members are aware that you need to be age 65 before you can start to withdraw your retirement savings from the MPF system. However, some companies have a retirement age which is earlier than 65, and other companies may allow employees to retire early. In such cases, can the employee withdraw their MPF benefits before age 65?

The answer is yes, provided the employee meets certain conditions for early payment.

(1) At least 60 years of age

The MPFA's first requirement for "early retirement" is that an employee must have reached age 60. So, if a company requires its employees to retire at age 55, they must wait until they are at least age 60 before applying.

(2) Statutory declaration indicating no intention to work again

When an employee attains age 60, and assuming they wish to take their MPF benefits before age 65, the employee must make a statutory declaration to confirm they are permanently ceasing all employment and have no intention of being employed or self-employed again.

Employees need to make the required statutory declaration before any of the following - a Commissioner of Oaths of the Home Affairs Department, a Notary Public, or a Justice of the Peace. The statutory declaration can be downloaded from the MPFA website.

It is worth noting that following retirement, some members will sometimes engage in ad hoc consulting or part-time work, either on an employed or self-employed basis. If

some form of paid work is anticipated for more than 60 days, the person is not eligible for early payment of their MPF benefits and should not make a statutory declaration.

Therefore, a member should not make a statutory declaration if there is an intention to be employed again or to be self-employed.

Withdrawal of MPF benefits takes time to process

After completing the statutory declaration, an employee then needs to fill out a form to notify the MPF provider of their intention to withdraw their MPF benefits early. After receiving and checking the form, and subject to receipt of the employee's final contributions, the accumulated benefits will be paid out by the MPF provider. Note that this can take about 30-60 days.

If the employee fails to meet the conditions for withdrawing their benefits early, only the voluntary contributions can be withdrawn early.

Members can continue to invest in the MPF

The MPF may be regarded as a vehicle through which it is possible to continue to invest after retirement. On average, members live another 20-30 years after retirement, and so without investment, the purchasing power of the accumulated funds will diminish over time. The MPF regulations allow employees to withdraw their benefits either in one lump sum or in installments. If some or all of an employee's funds are retained within the system, they can continue to invest their contributions in the funds of their choice, and choose between different MPF schemes with no restriction.

Early retirement reduces the number of years over which to invest for retirement

Retiring early may be something to look forward to, but employees must understand that a comfortable retirement is very much dependent on accumulating sufficient retirement savings throughout working life. If one retires early, employees will have fewer years to invest their retirement savings and a longer period over which to make their savings last. Therefore, employees need to plan carefully for their retirement, manage their accounts actively and track the status over time.

提早退休可以取回強積金嗎？



眾人皆知成員年滿 65 歲才能提取強制性供款帳戶。然而部分企業的退休年齡早於 65 歲，亦有僱員選擇提早退休。這種情況下，僱員能否提早取回強積金嗎？

答案是可以。如果成員符合以下兩個條件，便可以透過「提早退休」的途徑提取強積金的強制性供款。

(1) 年滿 60 歲

積金局有關「提早退休」的首要條件是成員必須經已年滿 60 歲。換句話說，若某企業規定成員需於 55 歲退休，成員也必須最少等到年滿 60 歲才能提出申請。

(2) 法定聲明表示無意再次工作

當成員跨越了 60 歲的門檻，成員必須作出法定聲明，表示自己無意再次受僱或自僱。

成員可在民政事務署的監誓員、公證人或太平紳士面前作出所需的法定聲明，並由他們在聲明上簽署。法定聲明表格可於積金局網頁下載。

值得注意的是，不少成員正式退休後，會間中從事一些顧問或兼職性質的工作。只要連續受薪超過 60 日，或從事自僱工作，成員就不能符合法定聲明的條件。

因此，成員若打算再次受僱或自僱，便不應作出法定聲明。

取回強積金處理需時

完成法定聲明後，成員仍需要填寫特定表格向受託人作出申請。受託人收到表格後會進行核對，並於收到成員

任職最後一期供款後，再發放滾存權益，一般需時大約 30-60 天（離職日起計）。

若成員未能符合提取強制性供款帳戶的條件，成員只可以提取自願性供款帳戶（如有）。

成員可繼續投資於強積金

強積金可被視為退休後繼續投資的渠道。退休後成員平均可以再活 20-30 年，如果沒有投資，成員的購買力會隨著時間推移而減弱。成員可以選擇分期提取、一筆過提取、或保留帳戶在強積金計劃內繼續投資。若選擇保留帳戶，成員則可繼續投資於強積金，且沒有限制地選擇不同強積金計劃。

提早退休令滾存退休儲備年數減少

成員必須明白，提早享受退休生活固然是一件美事，但豐盛的退休生活很大程度上建基於足夠的退休財政儲備。提早退休代表滾存退休儲備的年數減少，動用退休儲備的年數增加。因此，成員應該要提早規劃退休，並妥善管理帳戶，以準確掌握退休儲蓄狀況。



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