



It's your ESR

## What is My ESR?

# My ESR Quick Guide 7:

## Viewing your Total Reward Statement (TRS)

This shows you an annual pension statement

## Locating your TRS

1. Navigate and login to My ESR here:  
<https://my.esr.nhs.uk>

2. Towards the right of the My ESR Dashboard you should see the My Total Reward Statement portlet.



3. From the options available select View My TRS.

View My TRS

Selecting View My TRS will take you to a separate NHS TRS website.

North Tees and Hartlepool NHS Foundation Trust, nor NHS ESR teams have any power to alter the information here.

Need more information?  
Contact [Pensions@nth.nhs.uk](mailto:Pensions@nth.nhs.uk)

**Want to see this information from home?**

**It only takes a moment to set up!**

**Check out our quick guide on requesting remote access to set this up.**