RETIREMENT READY INDIA · READINESS INDEX REPORT · 2026

India Retirement Readiness Report

Five-dimension assessment guide: Income, Healthcare, Inflation, Lifestyle and Family — with official sources and specific improvement steps for each.

Informational report — Not financial advice RetirementReadyIndia.com · June 2026

IMPORTANT NOTICE

Who is this report for?

This report is for Indians aged 50 and above approaching retirement who want a structured overview of retirement readiness across five key dimensions. All information is based on official EPFO, PFRDA and government sources.

Notice: Retirement Ready India is an independent informational publication — not affiliated with EPFO, PFRDA, Ministry of Labour or any Government of India body. Not financial advice. Verify your pension at epfindia.gov.in or EPFO: 1800-118-005.

SCORE GUIDE

Understanding the Retirement Readiness Index

Score Range	Level	Meaning	Financial Age
80 – 100	**Well Prepared**	All five dimensions have been considered. Continue reviewing annually.	**Below actual age**
60 – 79	**Review Needed**	Strong in some areas. One or two dimensions have gaps worth addressing.	**Near actual age**
40 – 59	**Significant Gaps**	Multiple dimensions need attention. The report's steps can help prioritise.	**Above actual age**
Under 40	**Plan Now**	Most dimensions have not been planned. Early action has the most impact.	**Significantly above**

FIVE DIMENSIONS

What each category covers — and how to improve your score

Income (25 points)

- Verify your EPS-95 pension estimate at passbook.epfindia.gov.in or EPFO helpdesk 1800-118-005
- EPS-95 formula: (Pensionable Salary x Service Years) / 70. Pensionable salary capped at Rs 15,000 for most members
- Maximum EPS-95 pension at Rs 15,000 cap: Rs 7,500/month (35 years) — verify your actual entitlement
- NPS annuity: 40% of corpus at retirement. At 6% annuity rate: Rs 50L corpus = Rs 10,000/month
- Calculate your income replacement rate: (total retirement income / current expenses) x 100. Target: 70%+
- If below 70%: consider SCSS (Rs 30L max, quarterly interest) and other lawful income sources

Healthcare (20 points)

- Medical costs in India rise 8-12% annually after age 65 — the most underestimated retirement expense
- Build a dedicated health emergency fund separate from health insurance
- Ayushman Bharat PM-JAY 70+: all citizens aged 70+ entitled to Rs 5 lakh/year health cover — enroll at pmjay.gov.in or call 14555
- Section 80D: deduct up to Rs 50,000 in health insurance premiums per year
- Verify PhilHealth or BHYT equivalent (where applicable) after retirement
- Plan for out-of-pocket costs: co-payments, specialist fees, medicines outside benefit list

Inflation (20 points)

- At 5% annual inflation, purchasing power halves in approximately 14 years
- Fixed pension income (EPS-95) does not automatically adjust for inflation — plan for this gap
- SCSS interest rate is set quarterly by government — monitor at indiapost.gov.in
- Diversify: combine fixed (SCSS, FD) with inflation-linked sources (rental income, equity exposure)
- Model your plan at 3%, 5% and 7% inflation to understand the range of outcomes
- From July 2026: EPFO adjusted PF interest rate — verify at epfindia.gov.in

Lifestyle (20 points)

- List expected retirement expenses: living costs, travel, hobbies, entertainment, family visits
- Compare against projected retirement income — identify the gap before it arrives
- Research shows retirement satisfaction is more strongly linked to purpose and social connection than financial wealth
- Plan lifestyle before retirement — not as an afterthought
- Include non-financial planning: daily structure, community involvement, learning activities
- Adjust lifestyle expectations realistically against income projections

Family (15 points)

- Many Indian retirees continue supporting adult children, grandchildren or elderly parents
- Set a specific monthly family support budget — this is the most commonly unplanned retirement expense
- Have an explicit conversation with family about financial expectations post-retirement

Set clear, sustainable limits on support — your retirement security must come first

Plan for care obligations: elderly parents, disabled family members, grandchildren education

Consider legal instruments: will, nomination updates, power of attorney — verify with a qualified legal professional

CHECKLIST

10-Step Pre-Retirement Checklist

Step	Action	Where / How	Priority
1	Verify EPS-95 pension estimate	epfindia.gov.in · EPFO: 1800-118-005	**High**
2	Check NPS corpus and annuity options	npscra.nsdl.co.in	**High**
3	Calculate income replacement rate	Own calculation	**High**
4	Build dedicated health emergency fund	Personal planning	**High**
5	Check Ayushman Bharat 70+ eligibility	pmjay.gov.in · 14555	**High (if 70+)**
6	Model inflation scenarios (3%, 5%, 7%)	Personal planning	**Medium**
7	Estimate and budget lifestyle costs	Personal planning	**Medium**
8	Set family support budget explicitly	Family conversation	**Medium**
9	Verify senior citizen tax benefits	incometax.gov.in	**Medium**
10	Retake Readiness Index every 12 months	retirementreadyindia.com	**Annual**

OFFICIAL CONTACTS

Verify Your Details — Official Sources

Agency / Service	Contact	For What
EPFO Helpdesk	1800-118-005 (toll-free)	EPS-95, EPF passbook, UAN
EPFO Online	epfindia.gov.in	Pension estimate, passbook, claims
NPS / PFRDA	npscra.nsdl.co.in	NPS corpus, annuity options
Ayushman Bharat	pmjay.gov.in · 14555	PM-JAY 70+ enrollment, eligibility
Income Tax	incometax.gov.in	Senior citizen exemptions, ITR filing
India Post (SCSS)	indiapost.gov.in	SCSS interest rates, account opening
SEBI (adviser verification)	sebi.gov.in	Verify SEBI-registered investment advisers