

Answers to key questions

Increase 2026

What about the relaxed rules for increasing pensions?

The government has set strict rules on increasing pensions. But those rules have been temporarily relaxed. PME is making use of this because the fund's financial situation allows for this. This means that we can now increase pensions even more, which puts us ahead of the transition to the new pension rules, which are expected to take place on 1 January 2027.

Previously, PME has also used the relaxed rules. This allowed us to increase pensions more quickly. The pensions were increased by 1.29% on 1 July 2022, by 6.2% on 1 January 2023 and by 3.26% on 1 January 2024. Together, this accounts for about 11 percent. This year, too, PME has opted to use the relaxed rules. As a result, an increase of 2.82% is possible with effect from 1 January 2026.

What happened in 2025?

In 2025, PME did not make use of the relaxed rules. At the time, the board found it too uncertain how interest rates and financial markets would develop. Because it is important to prevent the reduction of pensions, PME chose to only increase pensions in 2025 according to the ordinary, stricter rules. The increase was 0.3% at the time.

Why is PME using the relaxed rules in 2026?

For 2026, the financial situation of PME has improved considerably and the coverage ratio is high enough. That is why PME has decided to make use of the temporary relaxed rules. This will allow us to increase pensions again with effect from 1 January 2026, this time by 2.82%. PME believes it is important to preserve the purchasing power of participants as much as possible.

How does PME determine the increase in my pension?

Ideally, we would like your pension to increase at the same rate as inflation. Your pension will then grow with in parallel any rise in prices. We always look at inflation between July and July. This year, we looked at inflation between July 2024 and July 2025. Inflation during that period was 2.82 percent. This means that we cannot increase your pension by more than 2.82 percent. However, to increase your pension by that much, our pension fund would have to be in very good financial shape. At the end of October 2025, the coverage ratio of PME was more than enough: 125%. Because PME meets all the conditions, it was decided to fully increase the pensions by 2.82% as of 1 January 2026. This way, the value of your pension will be preserved as much as possible.

How many times a year is an increase possible?

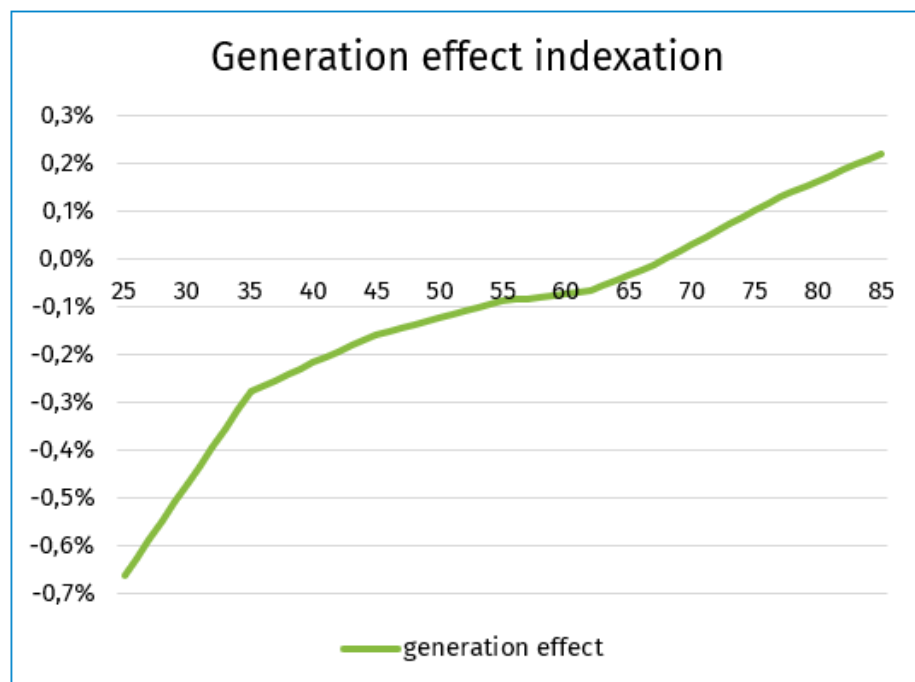
Normally, an increase is decided once a year. This means it takes effect on 1 January of the following year. The year 2022 was an exception because of two decisions. The government relaxed the rules for increasing pensions in that year. This made an increase possible on 1 July 2022. At the end of 2022, the Board decided to increase pensions again, this time on 1 January 2023. Overall, this was an increase of almost 7.5 percent.

What is the short- and long-term impact of this increase for young and old people saving for a pension?

We want the increase to be as beneficial as possible for everyone. For all members, for every generation, now and in the future. We consider the short-term and long-term consequences of each decision. Increasing pensions now will benefit everyone. In fact, everyone's pension will increase by 2.82 percent.

However, increasing pensions will reduce our coverage ratio. And our coverage ratio matters at this particular point in time when we are moving to the new pension rules. Everyone will be allocated assets at that point.

This is relatively less favourable for a younger person than for an older person. The graph below shows the expected effect of the increase on future wealth. If we look at the longer term, the effects of the increase are different for each age. For the elderly, the increase is immediately noticeable in their benefits. For young people, the effect on the final pension may be slightly smaller, because they participate for longer and experience more fluctuations. PME expects the increase to be slightly positive for pensioners and slightly negative for active/former participants, but the difference is small.



Everyone feels in their wallet that the cost of living, among other things, is quite high. Retirees can do little or nothing to boost their purchasing power. Most pensioners cannot work more, save more, demand a higher salary. This is why an increase in the pension is important for this group. And we will keep enough in cash for when things go wrong and for the transition to the new pension rules. This is important for young people. We carefully weigh up the interests of all members.

I haven't had a pension increase in years. Why haven't I received any compensation for that yet?

Pensions at PME did not increase for a long time (until 2022). Fortunately, we were able to increase pensions several times after that. We are happy with that. But we also understand that many people expect more. Certainly with life getting more and more expensive. The financial health of PME now allows pensions to be increased by price increases. We would also like to compensate you for any increases we may have missed in the past. There are rules for that, too. This can only be done when the policy coverage ratio reaches about 135 percent. [Find out more about the coverage ratio.](#)

We are looking to transition to the new pension rules on 1 January 2027. Fewer buffers will be needed, freeing up more money for pensions. This is expected to make it easier for us to increase pensions more often. But this is not a guarantee: it remains dependent on the financial results of the fund and the rules that apply at that time. [Read more about the new pension rules here.](#)

PME uses the relaxed rules of the government. Does this mean that you will be moving all pensions to the new pension scheme?

PME is looking to transition to the [new pension rules](#) on 1 January 2027. At that point, all pensions will shift to the new scheme. Yours, too. Employers and unions in our sector have agreed this arrangement.

Other pension funds will increase pensions by a higher percentage. How come they are able to do so?

Whether a pension fund increases pensions and by what percentage depends on several things. For example, over what period and in what way inflation is measured. And whether it makes use of the relaxed rules. This varies from one pension fund to another. Also, whether a pension fund is in good financial shape or not will determine the increase. And each pension fund has to make trade-offs between going with a higher increase now and facing greater uncertainties for later. Each pension fund looks at this differently.

In addition, some pension funds will switch to the new pension rules as of 1 January 2026. At that point, the buffers will be distributed. If there is a substantial buffer, pensions can also increase considerably. PME is expected to transfer on 1 January 2027 and then distribute the buffers that are there.