



## Blended Retirement CY 2024 Continuation Pay Fact Sheet

POC : MyNavy Career Center (MNCC) | 833-330-MNCC or

askmncc.fct@navy.mil

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The Navy released the calendar year 2024 Blended Retirement System continuation pay rates for eligible Sailors in NAVADMIN 118/23. Sailors who are enrolled in the Blended Retirement System are eligible for continuation pay at 12 years of service if they obligate for four additional years of service.

### Who needs to know?

- Active Duty, Training and Administration of the Reserves and Selected Reserve Officer and Enlisted Sailors who are enrolled in the Blended Retirement at or nearing 12 years of service
- Leaders
- Career Counselors



### What you need to know – key points

- The Blended Retirement System is a modernized retirement program where Sailors receive a matching contribution of up to five percent of their base pay from the Navy. Sailors who serve until retirement still earn retirement pay.
- Continuation pay is an added benefit of the BRS that pays a bonus to Sailors at 12 year of service who obligate for four additional years of service.
  - CY 24 Active component (active duty and TAR) continuation pay is two and a half times the monthly basic pay.
  - CY 24 Selected Reserve continuation pay is half of the monthly basic pay.
- Sailors MUST obligate service in NSIPS prior to reaching their 12 year of service anniversary to take advantage of continuation pay.
- View the continuation pay rate memo on MyNavy HR website at <https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Family-Readiness/Personal-Financial-Mgmt/>

### Sample POD/POW Notes

- CY24 CONTINUATION PAY MEMO RELEASED – Enrolled in the Blended Retirement System and nearing 12 years of service? You might be entitled to continuation pay! See NAVADMIN 118/23 for more details.

### FAQ

#### Q. Who is eligible to earn continuation pay?

A. Active Duty, Training and Administration of the Reserves and Selected Reserve Sailors of any rank who are enrolled in the Blended Retirement System and nearing 12 years of service are eligible to request continuation pay. Sailors must obligate for four years of additional service.

#### Q. What is continuation pay?

A. Continuation pay is Blended Retirement System benefit that pays a bonus amount to Sailors who obligate for four years of service when they are nearing their 12 years of service anniversary.

#### Q. How do I sign up for continuation pay?

A. Sailors can request continuation pay before 12 years of service through NSIPS.

#### Q. What if I can't sign up through NSIPS?

A. Sailors may manually elect continuation pay through their Command Career Counselor.