

NHRS Pension Benefits by County

New Hampshire Retirement System (NHRS) benefits help support the state economy.

In fiscal year 2025, NHRS paid over \$1 billion in pension benefits to retirees or their beneficiaries.

More than 80% of those dollars were paid to N.H. residents.

These pension benefits are spent in the local community.

This spending ripples through the economy, as one person's spending becomes another person's income, creating a multiplier effect.

