

Belgium, Cape Verde, Luxembourg,  
Netherlands, United Kingdom, and Switzerland

# Proof of Life for Pensioners Residing Abroad



SEGURANÇA SOCIAL  
**DIRETA**

[www.seg-social.pt](http://www.seg-social.pt)

## What is it?

The Proof of Life is aimed to verify whether pensioners receiving old-age, invalidity, and survivor pensions under the General Social Security Scheme, who reside abroad, maintain their right to the pension.

## Who is it for?

In 2026, all pensioners with a registered address in **Belgium, Cape Verde, Luxembourg, the Netherlands, the United Kingdom, and Switzerland**, aged **66 years and 9 months or older**.

If the proof of life procedure is not completed, pension payments will be suspended as from November 2026 until it is completed.

**As from 2027, all pensioners residing abroad will have to complete the Proof of Life procedure annually.**

## How to do the Proof of Life

The Proof of Life can be done in three ways:

**Digital Proof of Life:** The digital proof of life is carried out through biometric verification, which compares the photograph on the submitted identification document with the pensioner's facial image captured in real time on the Social Security Portal or App. If you do not have an open account in the Social Security Online Service (username and password), you can access the Proof of Life feature without having to log in.

**In-person Proof of Life:** The documentary proof of life procedure is carried out by submitting the Proof of Life Certificate duly completed and signed by one of the entities authorised for this purpose, in one of the following ways:

- Embassies and Consular Services
- Social Security Attachés (the official responsible for Social Security matters abroad)
- Customer information services within the national territory

**Documentary Proof of Life:** The documentary proof of life procedure is carried out by submitting the Proof of Life Certificate duly completed and signed by one of the entities authorised for this purpose, in one of the following ways:

- on the Social Security Portal, in the menu **Vou reformar-me ou sou reformado** (I am retiring or retired) > **Prova de Vida** (Proof of Life) > **Consultar e registar prova de vida** (Consult and register proof of life)
- at a Consular service or Embassy of the country where you live
- to the Social Security Attaché, if one is available in your country

The Digital Proof of Life should be the preferred method, and Social Security will continue to provide all the necessary support to ensure that each pensioner completes his/her Proof of Life procedure with greater convenience and speed, without needing to travel or send physical documentation.

For more information, please call:

**+351 210 545 400**

**+351 300 502 502**

Business days, from 9:00 a.m. to 6:00 p.m.

The cost of a call to a landline depends on your tariff plan.

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