

TRSL “Which TRSL event is best for me?”

One on one

“I would prefer a one-on-one session with a TRSL counselor.”

Visit TRSL:

8401 United Plaza Blvd
3rd Floor, Baton Rouge
Mon - Fri, 8 a.m. - 4:30 p.m.



Call TRSL:

Local: 225-925-6446
Toll free: 1-877-275-8775
Mon - Fri, 8 a.m. - 4:30 p.m.

Individual phone counseling:

- Schedule a 30-minute session with a TRSL counselor (*limited availability between Sept. & April each year*)



Group setting

“I would prefer a group setting with other members in my area.”

Attend a workshop:

- **Planning for Your Retirement** (*for members within 10 years of retirement*)
- **DROP & Beyond** (*for members working during/after DROP*)
- **TRSL & Social Security** (*open to all members*)



Web based

“I would like to log into my computer from my own home/office.”

Watch a webinar:

- Register for **live webinars** on a variety of topics (*for all members*)
- Watch **on-demand webinars** (*pre-recorded & ready to view anytime!*)



Log in to Member

Access to view your TRSL account information

Email your questions to web.master@trsl.org

Benefit estimate

“I would like to see an estimate of my TRSL retirement benefits.”

Online calculator:

- Log into Member Access at www.TRSL.org



Request an estimate:



- Submit a **Benefit Estimate Request** (Form 10)

Individual phone counseling:

- Schedule a 30-minute session with a TRSL counselor (*limited availability between Sept. & April each year*)