FIRST CHOICE
MOBILE NOTARY & APOSTILLE

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How to Complete a Proof of Life Certificate

Annual Life Certificate for Foreign and Private Pensions — We Come to You

INSTRUCTIONS — KEEP FOR YOUR RECORDS. DO NOT ATTACH THIS PAGE TO YOUR PROOF OF LIFE CERTIFICATE.

About this form. Many pension systems — for example, in Mexico, the Philippines, the United Kingdom, Germany, Italy, and Canada — and some private pensions and annuities require retirees living abroad to prove each year that they are alive. Payments can stop if the certificate is late. A notary verifies your identity in person. **First Choice comes to your home, hospital, or care facility, and can add an apostille if your pension requires one.**

1. **Use the agency's own form if it sent one**
   Many pension offices mail or post their own life certificate. If you have one, bring it — we notarize that form. Use this form when the agency accepts a notarized affidavit.
2. **Fill in your details exactly as on the pension records**
   Use your name, date of birth, and pension or reference number exactly as the agency has them.
3. **Attach a photo if required**
   Some agencies ask for a recent passport-style photo. Attach it in the box.
4. **Appear in person before the notary**
   You must sign in person, under oath. Bring your passport or another current government-issued photo ID. **We come to you.**
5. **Get an apostille if required**
   Some foreign agencies require an apostille from the California Secretary of State. **We handle it — ask when you book.**
6. **Send it before the deadline**
   Mail or upload the certificate as the agency instructs, and keep a copy and the mailing receipt.

Good to Know

- Mark your calendar: most life certificates are due once a year, often in the month of your birthday or a fixed month.
- Some agencies also accept certificates from their consulate. A mobile notary visit is usually faster and easier.
- Family members cannot sign for a living pensioner. If the pensioner has died, notify the agency right away.

Need a Notary? We Come to You.

Homes • Hospitals • Care Facilities • Offices • Available Anytime
Mobile notary and apostille services.

California-Commissioned Notaries

SCAN TO BOOK

Questions about this document? Talk to an attorney. Gavrilov & Brooks Law Firm has attorneys licensed in California, Nevada, and other states. Phone and video consultations are available. **(916) 504-0529** · **www.gavrilovlaw.com**

This form is provided as a free convenience. First Choice Mobile Notary & Apostille is not a law firm, and a notary public who is not an attorney cannot give legal advice or help you decide what to write on this form. These instructions are general information only and are not legal advice. If you have questions about your situation, consult a licensed California attorney. © 2027 First Choice Mobile Notary & Apostille. All rights reserved. This form may be filled in and printed for personal use; it may not be copied, altered, or redistributed for commercial purposes.

YOUR FORM BEGINS ON THE NEXT PAGE

PROOF OF LIFE CERTIFICATE

Affidavit of Existence (Certificate of Life) for Pension or Benefit Purposes

State of California)

County of _____) ss.

I, the undersigned, being first duly sworn according to law, depose and say:

1. Identity.

_____ _____

(full legal name, exactly as on pension records) (date of birth)

_____ _____

(place of birth: city, country) (citizenship)

_____

(current residence address, city, state, ZIP)

_____

(passport or ID type and number presented to the notary)

2. Pension or benefit.

_____ _____

(paying agency or institution and country) (pension / benefit / reference number)

3. Statement of life. I am **alive**, and I appeared **in person** before the notary public named in the jurat on the date shown there. I continue to reside at the address above.

4. Marital status (if required by the agency): ☐ single ☐ married ☐ widowed ☐ divorced ☐ not requested.

Attach recent passport photo (if required)

I declare under penalty of perjury under the laws of the State of California that the foregoing is true and correct.

Executed on _____ , at _____

(date) (city and state)

_____ _____

(signature of pensioner / beneficiary) (printed name)

Sign only in front of the notary, who will place you under oath and complete the jurat on the next page.

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JURAT

For use abroad, an apostille from the California Secretary of State may be attached after notarization.

A notary public or other officer completing this certificate verifies only the identity of the individual who signed the document to which this certificate is attached, and not the truthfulness, accuracy, or validity of that document.

State of California)

County of _____)

Subscribed and sworn to (or affirmed) before me on this _____ day of _____ , 20 _____

by _____

(name(s) of signer(s))

proved to me on the basis of satisfactory evidence to be the person(s) who appeared before me.

(Seal)

Signature _____