

Pay dates for 2022

The tables below show the pay dates for CalSTRS benefit payments in 2022. Payments are made in arrears, so the payment you receive each month is for the prior month's benefit. The State Controller's Office issues the payments and determines the check mailing and direct deposit dates. You can also view 2022 pay dates online at CalSTRS.com/paydates.

2022 pay dates

Benefit month	Check mailing date		Direct deposit date
	Southern California* and out of state	Northern California**	
January 2022	1/27/22	1/28/22	2/01/22
February 2022	2/24/22	2/25/22	3/01/22
March 2022	3/28/22	3/29/22	4/01/22
April 2022	4/26/22	4/27/22	4/29/22
May 2022	5/26/22	5/27/22	6/01/22
June 2022	6/28/22	6/29/22	7/01/22
July 2022	7/28/22	7/29/22	8/01/22
August 2022	8/29/22	8/30/22	9/01/22
September 2022	9/27/22	9/28/22	9/30/22
October 2022	10/28/22	10/28/22	11/01/22
November 2022	11/28/22	11/29/22	12/01/22
December 2022	12/29/22	12/30/22	1/03/23

2022 supplemental benefit payment dates

Payments are made to members and beneficiaries whose current benefit is worth less than a specified percentage of the original benefit when adjusted for increases in the California Consumer Price Index. The percentage is currently set at 85%.

Benefit month	Check mailing date		Direct deposit date
	Southern California* and out of state	Northern California**	
March 2022	3/28/22	3/29/22	4/01/22
June 2022	6/28/22	6/29/22	7/01/22
September 2022	9/27/22	9/28/22	9/30/22
December 2022	12/29/22	12/30/22	1/03/23

What if your payment hasn't arrived yet?

Direct deposit

If you have direct deposit, your financial institution has until the close of the direct deposit date to place the funds in your account. Please contact your financial institution to find out what time it places your funds into your account.

Paper checks

If your benefit payment is mailed to you and you have not received it by the fifth business day of the month, contact us at **800-228-5453**.