



CAFNBO/GANBO

It is very important that all members of CAFNBO are aware of their details held in the CAFNBO office. In view of this you are strongly encourage to consider the following questions with a view to addressing any changes that may be need to be done.

1. When did you last check your details held by CAFNBO?
2. Do you know who your beneficiary/beneficiaries are?
3. Have you married or changed your personal circumstances recently?
4. Is your Spouse/Co-habiting Partner in the CAFNBO Schemes?
5. Have you Separated/Divorced?
6. If you are thinking of leaving the Defence Forces will you be eligible to Retain Membership?
7. Are you in a “Long Term” Cohabiting Relationship?

Act Responsibly

For more information contact

or contact the CAFNBO Office Directly on 01 6711841 or email :

info@cafnbo.com