

Critical Ages for Retirement Planning

50

When you reach age 50, you can make additional catch-up contributions to eligible employer retirement plans and IRAs. In 2026, participants age 50 and older can contribute up to an additional:

- \$8,000 over the regular \$24,500 contribution limit to a 457(b) deferred compensation plan and a 401(k) plan, for a total of \$32,500 to each plan.
- \$1,100 over the regular \$7,500 limit to an IRA, for a total of \$8,600.

Starting in 2026, if you earned over \$150,000 in FICA wages in the prior year, your age 50+ or age 60 to 63 catch-up contributions to your employer sponsored retirement plan must be Roth Contributions, which are made with after-tax dollars.

If you're a qualifying public safety employee, you can take withdrawals from a governmental defined benefit plan or 401(k) defined contribution plan without being subject to a 10% early withdrawal penalty tax. Separation from service must occur in or after the year you turn 50.

55

If eligible, you can withdraw from retirement plans sponsored by the employer you left without being subject to a 10% penalty tax. Separation from service must occur in or after the year you turn 55.

59 ½

You can withdraw from employer retirement plans, if eligible under plan rules, or from an IRA without incurring the 10% penalty tax (the penalty tax does not apply to 457(b) deferred compensation plans*).

60-63

As per a change via SECURE 2.0, a higher catch-up contribution limit applies for employees aged 60, 61, 62 and 63 for 457(b), 401(k), or 403(b) plans. For 2026, this higher catch-up contribution limit is \$11,250. This option is effective as of January 1, 2026 for plans that elect to adopt it.

Limitations may apply as defined by the plan. Please contact your plan administrator should you require additional information.

62

You can receive your Social Security benefits, but the amount will be reduced by 25% to 30%, depending on your date of birth.

65

You can enroll in Medicare, if eligible, and purchase Medigap insurance at standard rates. If you sign up for Medicare after three months have passed since the month of your 65th birthday, you may face higher premiums. Your Medigap open enrollment period lasts for six months starting on the first day of the month in which you're at least age 65 and enrolled in Medicare Part B.

During this period, an insurance company cannot deny you a Medigap policy, make you wait for coverage, or charge you more for a Medigap policy because of your health.

66-67

Depending on your date of birth, you can access unreduced Social Security benefits and earn any amount related to employment without impacting this benefit.

70

You can begin maximum Social Security benefits, if your starting date was delayed to this age. There's no advantage to delaying benefits past age 70.

73**

Required Minimum Distributions (RMDs) from employer retirement plans and traditional IRAs begin the year you reach age 73. You can generally delay RMDs from plans sponsored by an employer for which you're still working until you retire.

* 10% penalty tax never applies to withdrawals of original 457(b) plan contributions and associated earnings. But a penalty may apply to non-457 (b) plan assets rolled into a 457 (b) plan and subsequently withdrawn prior to age 59 ½.

**Age 70 ½ (if you were born before July 1, 1949), age 72 (if you were born after June 30, 1949, and before Jan. 1, 1951), or age 73 (if you were born after Dec. 31, 1950).