

2026 Contribution and Benefit Limits

| Retirement Plan Contribution Limits | 2026 | 2025 | 2024 |
|---|----------------------------|------------------------------------|----------------------------------|
| Elective Deferral Maximum | \$24,500 | \$23,500 | \$23,000 |
| Catch-up Contributions | \$8,000 | \$7,500 | \$7,500 |
| Total | \$32,500 | \$31,000 | \$30,500 |
| Maximum Annual Benefit Limit | \$72,000 | \$70,000 | \$69,000 |
| Catch-up Contributions for ages 50 and older | \$8,000 | \$7,500 | \$7,500 |
| Total | \$80,000 | \$77,500 | \$76,500 |
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| Catch-up Contributions for those ages 60-63 as of 12/31 | \$11,250 | \$11,250 | |
| Total | \$83,250 | \$81,250 | |
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| Maximum Annual Compensation for Plan Purposes | \$360,000 | \$350,000 | \$345,000 |
| Defined Benefit Plan Maximum Annual Benefit | \$290,000 | \$280,000 | \$275,000 |
| Elective Deferral Maximum for §457(b)(2) and §457(c)(1) Limits | \$24,500 | \$23,500 | \$23,000 |
| (not including catch-ups) | \$24,300 | \$23,300 | \$23,000 |
| Compensation to be Considered Highly Compensated Employee | \$160,000 | \$160,000 | \$155,000 |
| Compensation to be Considered Key Employee | \$235,000 | \$230,000 | \$220,000 |
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| SEP & SIMPLE Plan Limits and Contributions | 2026 | 2025 | 2024 |
| Simple Retirement Account Elective Deferral Maximum | \$17,000 | \$16,500 | \$16,000 |
| Simple Plans Catch-up Contributions for over Age 50 | \$4,000 | \$3,500 | \$3,500 |
| SEP Coverage (Compensation for eligibility) | \$800 | \$750 | \$750 |
| SEP Maximum Compensation | \$360,000 | \$350,000 | \$345,000 |
| Individual Retirement Account Maximum Contribution | \$7,500 | \$7,000 | \$7,000 |
| IRA Catch-up Contributions for over Age 50 | \$1,100 | \$1,000 | \$1,000 |
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| Social Security Limit and Contributions | 2026 | 2025 | 2024 |
| Income Subject to Social Security Tax | \$184,500 | \$176,100 | \$168,600 |
| Social Security Tax for employees | 6.2% | 6.2% | 6.2% |
| Social Security Tax for employers | 6.2% | 6.2% | 6.2% |
| Medicare Tax for employees and employers | 1.45% | 1.45% | 1.45% |
| Social Security Tax for self-employed workers | 12.40% | 12.40% | 12.40% |
| Medicare Tax for self-employed workers | 2.9% | 2.9% | 2.9% |
| Health Savings Account Information | 2026 | 2025 | 2024 |
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| | \$1,000 | \$1,000 | \$1,000 |
| | \$1.700 | \$1,650 | \$1,600 |
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| Medicare Tax for self-employed workers Health Savings Account Information Individual coverage Family Coverage Catch-up Contributions for Over Age 55 (One catch-up allowed regardless of individual or family) Individual Deductible Family Deductible Individual Out-of-Pocket Maximum Family Out-of-Pocket Maximum | 2.9% 2026 \$4,400 \$8,750 | 2.9% 2025 \$4,300 \$8,550 | 2.99 2024 \$4,15 \$8,30 |

IRS Notice 2025-67 https://www.irs.gov/pub/irs-drop/n-25-67.pdf
Rev. Proc. 2025-19 https://www.irs.gov/pub/irs-drop/rp-25-19.pdf