



## RETIREMENT PLANNING

### BY YOUR BIRTHDAY MILESTONES

Before and after retirement age, there are many financial milestones that happen on or around your birthday. Taking action on many of these milestones can help you meet your retirement goals—and some help you avoid tax penalties.

Keep track of important steps to take with this handy guide.

**Let's have a conversation about your upcoming milestones: 855.662.2121.**

*\* Income tax may be due on these withdrawals.*

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## Nifty Fifties

50

**Make catch-up contributions,** in addition to your regular contributions

- ▶ 401(k) - Up to \$8,000 annually for 2026
- ▶ IRA - Up to \$1,100 annually for 2026

55

**Access money from a 401(k)** without paying penalties, if no longer working\*

**Make catch-up contributions** to your Health Savings Account

59½

**Withdraw from your 401(k)** or Traditional IRA without penalties\*

## Sweet Sixties

60

**Create your “my Social Security” account** online to see your contributions and full retirement age

**Make “super” catch-up contributions,** for those 60, 61, 62, and 63. You can make additional catch-up contributions to your 401(k), 403(b), Simple IRA and Simple 401(k)

62

**Claim Social Security,** although your benefits will increase approximately 8% for every year you delay

65

**Sign up for Medicare** 3 months before your birthday to avoid higher premiums

66

**Confirm your full retirement age** with Social Security, which is 66 or 67 depending on your birth year

## Stellar Seventies

70

**Start taking Social Security benefits** if you haven't yet. At age 70, Social Security maxes out at 132% of the initial full benefit

73

**Take your first required minimum distribution (RMD)** by April 1 of the year following the calendar year when you turn 73