2026 RETIREMENT PLANNING CHEAT SHEET

Social Security, Medicare, Retirement Plan Contributions, Taxes

Her Retirement®

2025 Social Security Formula

If you first become eligible for Social Security retirement benefits in 2025 through attaining age 62, becoming disabled, or dying before age 62 your PIA (full retirement age benefit) will be the sum of...

(a) 90 percent of the first $1,226 of your average indexed monthly earnings, plus

(b) 32 percent of your average indexed monthly earnings over $1,226 and through $7,391, plus

(c) 15 percent of your average indexed monthly earnings over $7,391.

Have questions about your retirement benefits, Social Security, Medicare, taxes, income planning, investments, insurance, estate planning? Reach out, we can help you Get Her Done!

Monthly Reductions / Increases

Individual benefits:

(-) 5/9 of 1%	36 month period before full retirement age
(-) 5/12 of 1%	More than 36 months before full retirement age
(+) 2/3 of 1%	Full Retirement Age to Age 70

Spousal benefits:

(-) 25/36 of 1%	36 month period before full retirement age
(-) 5/12 of 1%	More than 36 months before full retirement age No increase beyond full retirement age

Survivor benefits:

28.5% is maximum reduction regardless of full retirement age. To determine the monthly amount of reduction based on various full retirement ages, divide the number of months between age 60 and full retirement age by 28.5%

Tax on Social Security

Step 1	Calculate Combined Income
	Adjusted Gross Income
	+ Tax Exempt Income
	+50% of SS Benefit
	= Combined Income

Step 2	Apply Combined Income to Thresholds		
	Single Return	**Joint Return**	**% of Social Security Subject to Tax**
	$0 - $24,999	$0 - $31,999	0%
	$25,000 - $34,000	$32,000 - $44,000	Up to 50%
	Over $34,000	Over $44,000	Up to 85%

If your combined income is $40,000, and your total Social Security benefit is $18,000 per year, half of your Social Security benefit ($9,000) is included in your taxable income. Since your combined income is between $34,000 and $44,000, 50% of your Social Security benefits are taxable, meaning $9,000 will be subject to income tax. However, the exact amount of tax depends on your overall taxable income and tax bracket.

Social Security Disability Thresholds

Substantial Gainful Activity	Non-Blind: $1,690/mo Blind: $2,830/mo
Trial Work Period	$1,210/mo
SSI Federal Benefit Rate	Indiv: $994 /mo Couples: $1,491/mo

Average Social Security Benefits

$2,071	All Retirees
$3,208	Couple, both receiving benefits
$1,630	Disability

2026 Family Maximum Benefits Formula

(a) 150% of the first $1,567 of the worker's PIA

(b) 272% of the worker's PIA over $1,567 through $2,262

(c) 134% of the worker's PIA over $2,262 through $2,950

(d) 175% of the worker's PIA over $2,950

For a family of a worker who attains age 62 or dies in 2025

Quarter of Coverage (1 Credit)*
$1,810

Maximum Taxable Wages**
$176,100

Social Security Administration
1-800-772-1213

*A QC is the basic unit for determining whether a worker is insured under the Social Security program. No matter how high your earnings may be, you cannot earn more than 4 QC's in one year. **Max taxable wages: if you are working, there is a limit on the amount of your earnings that is taxed by Social Security.

Full Retirement Age by Birth Year

SURVIVOR BENEFITS		ALL OTHER BENEFITS	
1945 - 1956	66	1943 - 1954	66
1957	66 and 2 months	1955	66 and 2 months
1958	66 and 4 months	1956	66 and 4 months
1959	66 and 6 months	1957	66 and 6 months
1960	66 and 8 months	1958	66 and 8 months
1961	66 and 10 months	1959	66 and 10 months
1962 and Later	67	1960 and Later	67

Note: People who were born on January 1 of any year should refer to the previous year.

Age-Based Reductions & Increases

Filing Age	Individual Benefit % of Benefit	Spousal Benefit % of Benefit	Survival Benefit % of Benefit
60	N/A	N/A	71.50%
61	N/A	N/A	75.58%
62	70%	65%	79.65%
63	75%	70%	83.72%
64	80%	75%	87.79%
65	86.66%	83.33%	91.86%
66	93.33%	91.66%	95.93%
67	100%	100%	100%
68	108%	100%	100%
69	116%	100%	100%
70	124%	100%	100%

Social Security Earnings Limit

Age	Amount	Benefit Witheld
62 - January 1 of the year reaching Full Retirement Age	$24,480	$1 for every $2 over limit
Year reaching Full Retirement Age	$65,160	$1 for every $3 over limit
Full Retirement Age	No Limit	N/A

What Counts as "Earnings" for the Limit?

WHAT DOES COUNT
- Wages
- Net Earnings from Self-Employment

WHAT DOES NOT COUNT
- Pension Payments
- Annuity Payments
- IRA Distributions
- Dividends
- Interest Income
- Capital Gains

Spousal Social Security Benefit Formula

Note:
Assuming Full Retirement Age (FRA) of 67...

(1/2 of higher earner FRA benefit) – (lower earner FRA benefit)

= spousal payment
(then adjusted for filing age)

Maximum % of YOUR Full Retirement Age Social Security Benefit an Eligible Family Member Can Receive if You...

	Pass Away	Retire or Become Disabled	Aged-Based Considerations
Spousal Benefit	100% (Adjusted for survivor's filing age)	50% (Adjusted for survivor's filing age)	If you retire or become disabled, your spouse can collect at age 62+ or any age if caring for your child who is under 16 or disabled before the age of 22 If you die, your spouse of any age who is caring for your child who is under 16 or child of any age if child was disabled before 22
Child in Care Benefit	75%	50%	Payable to spouse of any age who is caring for your child who is under 16 or child of any age if child was disabled before 22
Benefit to Children	75%	50%	Payable to child who is under 18, or 19 if still in high school of any age if disabled before 22

LENGTH OF MARRIAGE RULES: **Survivor Benefits: 9 months** | **Spousal Benefits: 1 year** | **Divorced Spouse: 10 years**

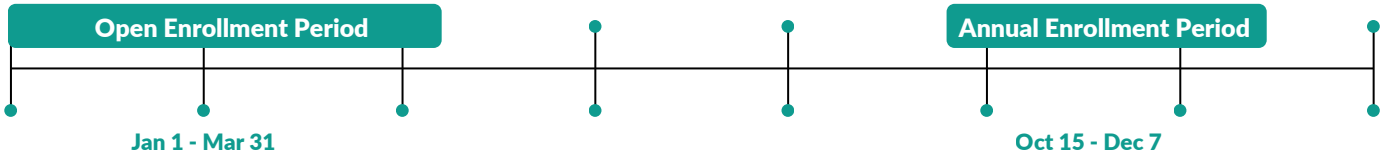
Medicare Cost

	Part A	Part B
Monthly Premium	$0	$202.90
Deductible	$1,736 per benefit period	$283 per year
Cost Sharing	$0 for the first 60 days of benefit period	Medicare pays 80%, you pay 20%
	$434 per day for days 61-90	No Limit on total out-of- pocket costs
	$868 per "lifetime reserve day" after 90 days (max of 60 days over your lifetime)	

Medicare IRMAA Chart

Individual Tax Return 2024	Joint Tax Return 2024	Part B Premium	Part D IRMAA 2025
< $109,000	< $218,000	$202.90	Premium Varies
$109,000 - 137,000	$218,000 - 274,000	$284.10	$14.50
$137,001 - 171,000	$274,001 - 342,000	$405.80	$37.50
$171,001 - 205,000	$342,001 - 410,000	$527.50	$60.40
$205,001 - 500,000	$410,001 - 750,000	$649.20	$83.30
> $500,000	> $750,000	$689.90	$91.00

Note: IRMAA premiums are based on 2024 income, applied to 2026 Medicare.



Note: You can enroll in a Medicare Supplement (Medigap) plan at any point in the year.
Must pass medical underwriting.

Retirement Plan Contribution Limits

Retirement Account Type	2026	Funding Deadline
Traditional IRA and Roth IRA		
Maximum Contribution	$7,500	04/15/2027
Catch Up Contribution (Age 50+)	$1,100	
SIMPLE IRA or 401(k) Plans		
Simple Contribution Limit	$17,000	12/31/2026
Catch Up Contribution (Age 50+) Super Saver Catch Up (Ages 60-63)	+ $4,000 + $5,250	
401(k), 403(b), 457		
Elective Deferral Limit	$24,500	12/31/2026
Catch Up Contribution (Age 50+) Super Saver Catch Up (Ages 60-63)	+ $8,000 + $3,250	
SEP IRA		
25% of Net Earnings Maximum Contribution	$72,000	04/15/2027 extensions

Projected 2026 Federal Income Tax Brackets

Rate	Single Filers	Married Couples Filing Jointly
10%	$12,400 or less	$24,800 or less
12%	Over $12,400	Over $24,800
22%	Over $50,400	Over $100,800
24%	Over $105,700	Over $211,400
32%	Over $201,775	Over $403,550
35%	Over $256,225	Over $512,450
37%	Over $640,600	Over $768,700

2026 Standard Deductions

Filing Status	2026 Limit
Single or married filing separate	$16,100
Married filing jointly	$32,200
Head of household	$24,150

Modified Adjusted Gross Income (MAGI) phase-out ranges for traditional IRA deduction with contributor covered by a retirement plan at work*

Filing Status	2026 Limit
Single or married filing separate	$81,000 and $91,000
Married filing jointly	$129,000 and $149,000
*Contributor not covered by workplace plan and is married to someone who is	$242,000 and $252,000

MAGI phase-out ranges for Roth IRA annual contributions*

Filing Status	2026 Limit
Single or married filing separate	≤$153k full contrib. amt. | $153-$168k reduced amt. | ≥$168k cannot contrib.
Married filing jointly (or qualifying widow)	≤$242k full contrib. amt. | $242-$252k reduced amt. | ≥$252k cannot contrib.
*Contributor not covered by workplace plan and is married to someone who is	Note: No income limit on Roth 401(k)s

Tip: You may be able to get around income limits by converting a traditional IRA into a Roth IRA, which is called a Backdoor Roth IRA. Note: Married filing separately and head of household filers can use the limits for single people if they have not lived with their spouse in the past year. If lived with spouse anytime during the year, ≤ $10K - reduced contribution | ≥ $10k - cannot contribute

Age of Required Minimum Distribution (RMD)

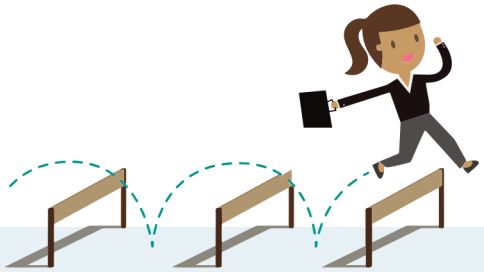
Birth Year	Age at which RMDs Begin
1950 or earlier	72 (70½ for those who turned 70½ prior to 2020)
1951 - 1959	73
1960 or later	75

Ages above are for distributions from your own accounts. The rules for inherited accounts vary.

Capital Gains Tax Rates 2026

Capital Gains Tax Rate	Taxable Income (Single)	Taxable Income (Married filing separate)	Taxable Income (Head of household)	Taxable Income (Married Filing Jointly)
0%	Up to $49,450	Up to $49,450	Up to $66,200	Up to $98,900
15%	$49,451 to $545,500	$49,451 to $545,500	$66,201 to $579,600	$98,901 to $613,700
20%	Over $545,500	Over $545,500	Over $579,600	Over $613,700

Note: Figures shown reflect current law and best-available projections.
Final IRS and SSA limits may change. Always confirm before making decisions.



Next Steps...

This is a great cheat sheet of financial facts & figures at a glance for 2026, but it's critical to understand how to make the best retirement decisions for your and your family. Check out our additional resources below to help you Know More. Have More. Live More.

Social Security Resource Kit

Get your max Social Security benefit by getting educated about ALL your filing options. Our e-kit has all the info you need. It's been called the most complete (& affordable) Social Security guidance available for women. Access the kit here (www.HerSocialSecurity.com)

Access the Kit Here

Medicare for Her Resource Kit

Know all the important facts & info about Medicare options, avoiding penalities, costs and enrollment. The kit includes a webinar, a guide, and much more. Access the kit here. (www.MedicareforHer.com)

Access the Kit Here

Retirement Readiness Quiz

We urge all women to take our quick quiz to identify your financial gaps, risks and opportunities (now and in retirement). This is an important first step in "her" retirement planning journey. Access the quiz here. (www.AmIReadyforRetirement.com)

Access the Quiz Here