



# RETIREMENT & INVESTMENT GROUP

*Presents:*

# RETIREMENT WELL-PLANNED

2026



410-744-8707



[www.retirementandinvestmentgroup.com](http://www.retirementandinvestmentgroup.com)



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RETIREMENT



**Tom Quirk,  
President**

**CFP®  
CRPC®  
CRC®**

*LPL Financial Advisor, Retirement Planning,  
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**Education:**

McDaniel College  
BA Economics, Business Administration & Political Science  
Boston University - Center for Professional Education  
Financial Planning

# RETIREMENT & INVESTMENT GROUP

Professional Certifications:  
Certified Financial Planner Practitioner®  
Chartered Retirement Planning Counselor®  
Certified Retirement Counselor®



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CRPC conferred by College for Financial Planning. CRC conferred by InFRE®

# RETIREMENT & INVESTMENT GROUP



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CFA®

**Director of  
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Support, Client Service &  
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Manning**

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**Tracy  
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**Client  
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Relationship Management*



**Shannon  
Kriscumas**

**Client  
Services  
Specialist**

*Operations Management, Process  
Oversight, Account Maintenance,  
Contributions & Distributions*



**Britni  
Sparks**

**Client  
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*Operations Management, Process  
Oversight, Account Maintenance,  
Contributions & Distributions*



**Trevor  
Engle**

**Client  
Services  
Specialist**

*Operations Management, Process  
Oversight, Account Maintenance,  
Contributions & Distributions*



**Heather  
Keslar**

**Client  
Services  
Assistant**

*Part-Time Support,  
Client Communications,  
Account-Related Service Needs*



**Pete  
Kriscumas**

**Business  
Development  
Specialist**

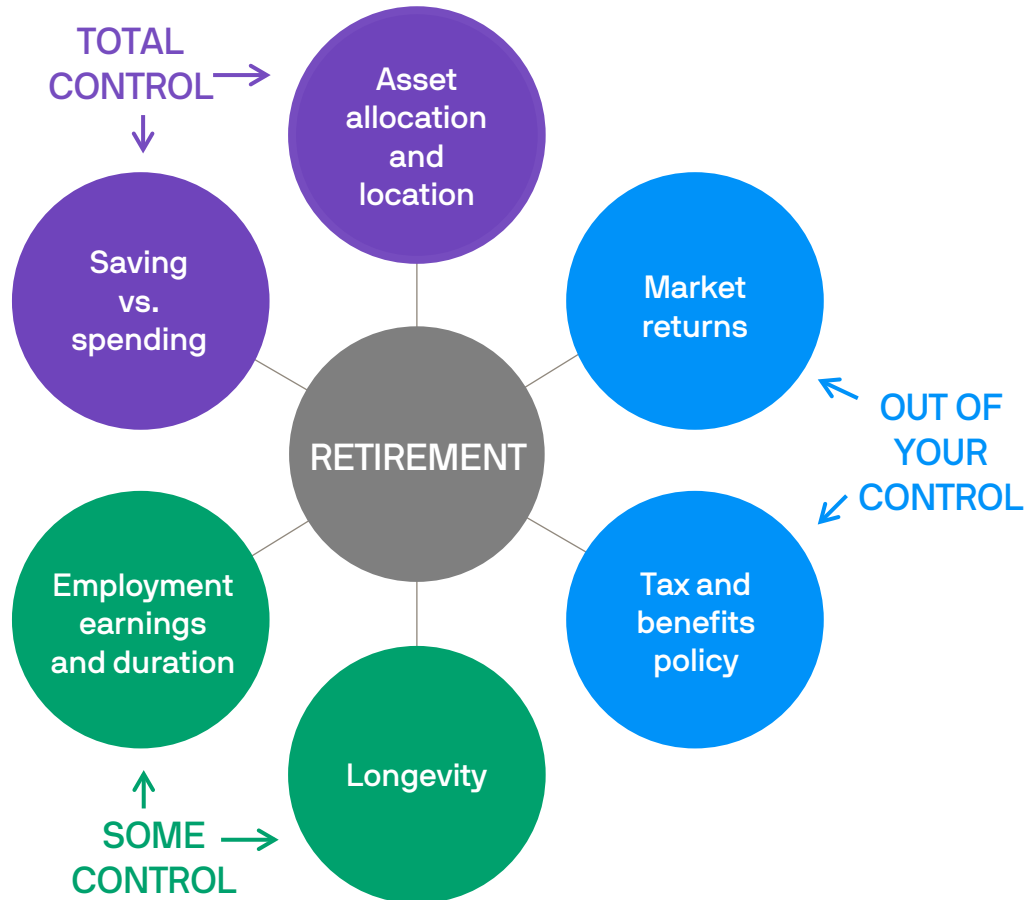
*Part-Time Support,  
Business Development,  
Strategic Partnerships*

# WHAT DOES RETIREMENT LOOK LIKE FOR YOU?





# The retirement equation



## A sound retirement plan

Make the most of the things that you can control but be sure to evaluate factors that are somewhat or completely out of your control within your comprehensive retirement plan.

# THE THREE-BUCKET STRATEGY

## BUCKET 1

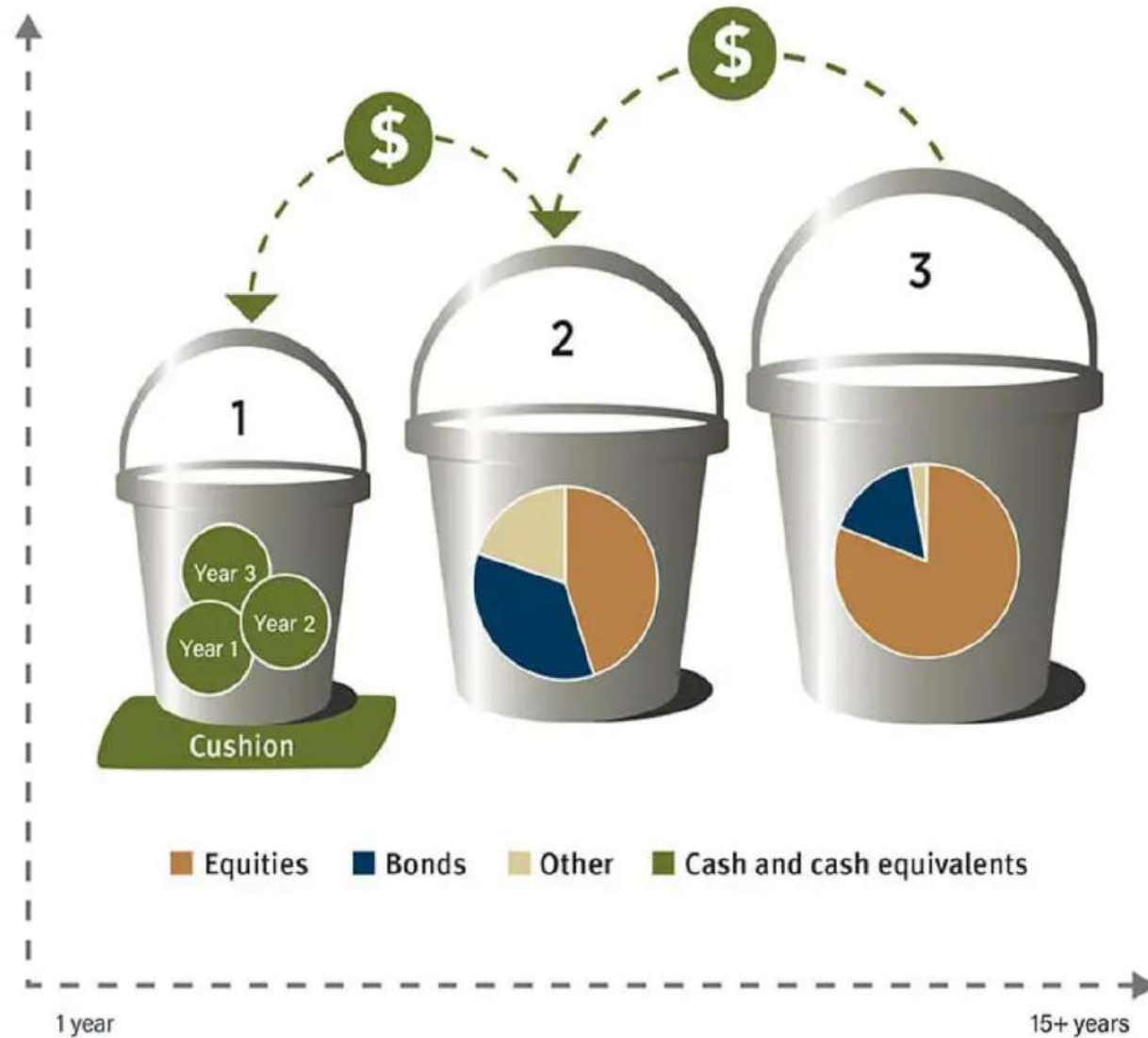
Super-safe reserve for the next one to three years, kept in cash and cash equivalents for current spending needs plus a cushion for emergencies.

## BUCKET 2

Intermediate needs for the next 4 to 7 years. Lower-risk, reasonably safe investments to yield an inflation-countering return plus modest growth.

## BUCKET 3

Long-term growth, years 8+. The most aggressive bucket in your portfolio, designed to achieve compounding growth that offsets inflation and withdrawals as well as real growth, ensuring you have adequate balances for your whole retirement.

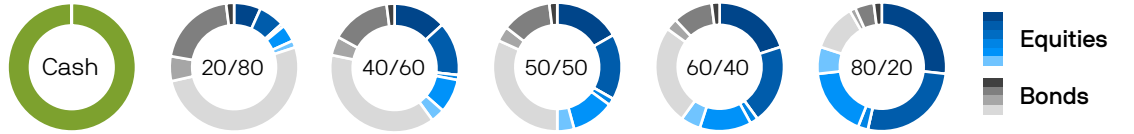


Dynamically allocating your portfolio across a three-phase, risk-adjusted timeline gives you the confidence that you'll always have the money you need. As investments grow in Bucket 3, some are moved into the more conservative Bucket 2, and monies from Bucket 2 are moved to Bucket 1 to support immediate spending. The funds keep flowing this way throughout retirement.



# Effects of withdrawal rates and portfolio allocations

## Likelihood of success after 35 years in retirement Various initial withdrawal rates and diversified asset allocations



Initial withdrawal rate	1%	95-100	95-100	95-100	95-100	95-100	High Confidence	
	2%	95-100	95-100	95-100	95-100	95-100		
	3%	95-100	95-100	95-100	95-100	95-100		
	4%	0-5	85-90	90-95	90-95	90-95	85-90	Medium Confidence
	5%	0-5	45-50	60-65	65-70	65-70	70-75	
	6%	0-5	10-15	25-30	35-40	40-45	50-55	
	7%	0-5	0-5	10-15	15-20	20-25	30-35	Low Confidence
	8%	0-5	0-5	0-5	5-10	10-15	20-25	
	9%	0-5	0-5	0-5	0-5	5-10	10-15	
	10%	0-5	0-5	0-5	0-5	0-5	5-10	

### Find your balance

An overly conservative withdrawal rate may require unnecessary lifestyle sacrifices. While a more equity-heavy portfolio may lead to higher likelihoods of success, the magnitude of the failures may be greater due to increased volatility.

A well-diversified portfolio with a dynamic withdrawal strategy is typically optimal.

Spending

Source: This chart is for illustrative purposes only and must not be used, or relied upon, to make investment decisions. Portfolios are described using equities/bonds. For asset allocation details, see "Model Portfolio Details" on the Disclosure page. J.P. Morgan Asset Management's (JPMAM) model is based on proprietary Long-Term Capital Market Assumptions (first 12 years) and equilibrium returns (23 years). The resulting projections include only the benchmark return associated with the portfolio and do not include alpha from the underlying product strategies within each asset class. The yearly withdrawal amount (1% to 10%) is set as a fixed percentage of the initial amount of \$1,000,000 and is then inflation adjusted over the period (2.5%). The percentile outcomes represent the percentage of simulated results with an account balance greater than \$0 after 35 years (e.g., "95-100" means that 95-100% of simulations had account balances greater than \$0 after 35 years). Overlap percentiles are included in the lower bracket (e.g., 80 is included in "75-80"; 85 is included in "80-85"). Allocations, assumptions and expected returns are not meant to represent JPMAM performance. Given the complex risk/reward trade-offs involved, we advise clients to rely on judgment as well as quantitative optimization approaches in setting strategic allocations. References to future returns for either asset allocation strategies or asset classes are not promises or even estimates of actual returns a client portfolio may achieve.

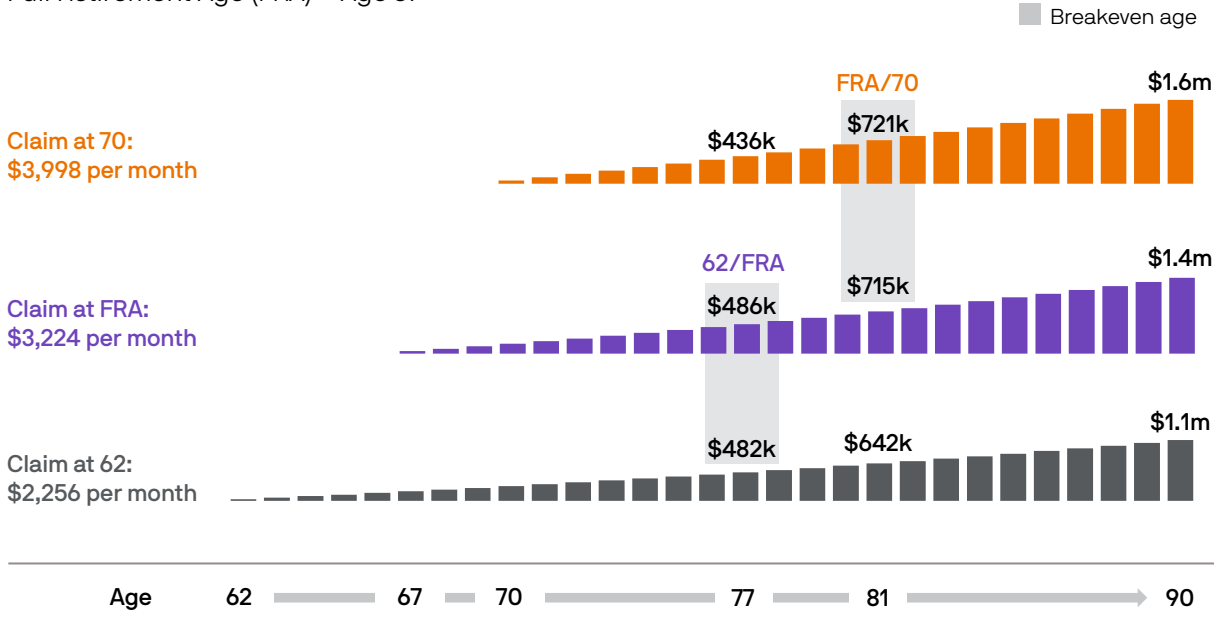


# Maximizing Social Security benefits: Average earner

GTR-OTB

## Cumulative individual maximum benefit by claim age

Full Retirement Age (FRA) = Age 67



## Planning opportunity

Delaying benefits means increased Social Security income later in life, but your portfolio may need to bridge the gap and provide income until delayed benefits are received.

Social Security/Health

Age	62	67	70	77	81	90
At age 62, probability of living to at least age:	100%	92%	86%	69%	55%	20%
Male (♂)	100%	95%	91%	78%	67%	31%
Female (♀)	100%	99%	99%	93%	85%	45%

<sup>1</sup>Couple assumes at least one lives to the specified age or beyond. Breakeven assumes the same individual, born in 1964, earns \$80k in the year before retirement, retires at the end of age 61 and claims at 62 & 1 month, 67 and 70, respectively. Benefits are assumed to increase each year based on the Social Security Administration 2025 OASDI Trustee's Report intermediate estimates (annual benefit increase of 2.4% in 2027 and thereafter). Monthly amounts with the cost-of-living adjustments (not shown on the chart) are: \$3,633 at FRA and \$4,838 at age 70. Exact breakeven ages are 76 years & 10 months and 80 years & 8 months. Source: Social Security Administration; J.P. Morgan Asset Management.

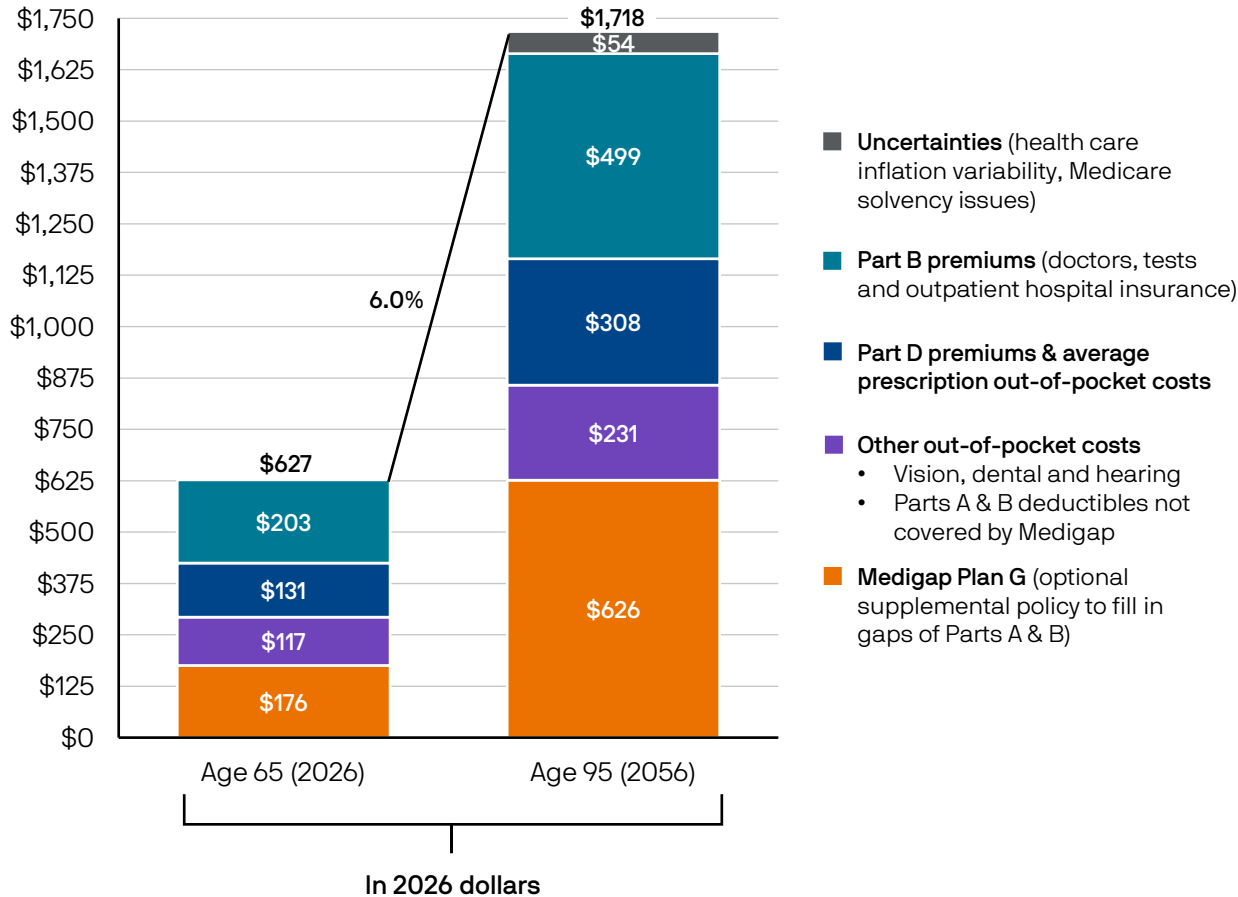


# Rising health care costs in retirement

GTR

## Original Medicare costs in retirement (in 2026 dollars)

Monthly amount per person



## A growing concern

Annual expenses per person in 2026 are \$7,524.

Given variation in health care cost inflation from year to year, it may be prudent to assume an annual health care inflation rate of 6.0%, which may require growth as well as current income from your portfolio in retirement.

Social Security/Health

Estimated future value total average monthly cost at age 95 is \$3,603. Today's dollar calculation used a 2.5% discount rate to account for overall inflation. Medigap premiums typically increase with age after purchase, in addition to inflation, except for the following states: AR, AZ, CT, FL, GA, ID, MA, ME, MN, MO, NY, VT, WA. For local information, contact the State Health Insurance Assistance Program (SHIP) [shiptacenter.org](http://shiptacenter.org). Plan G premium is nationwide average for non-smokers. If Plan G is not available, analysis includes the most comprehensive plan available.

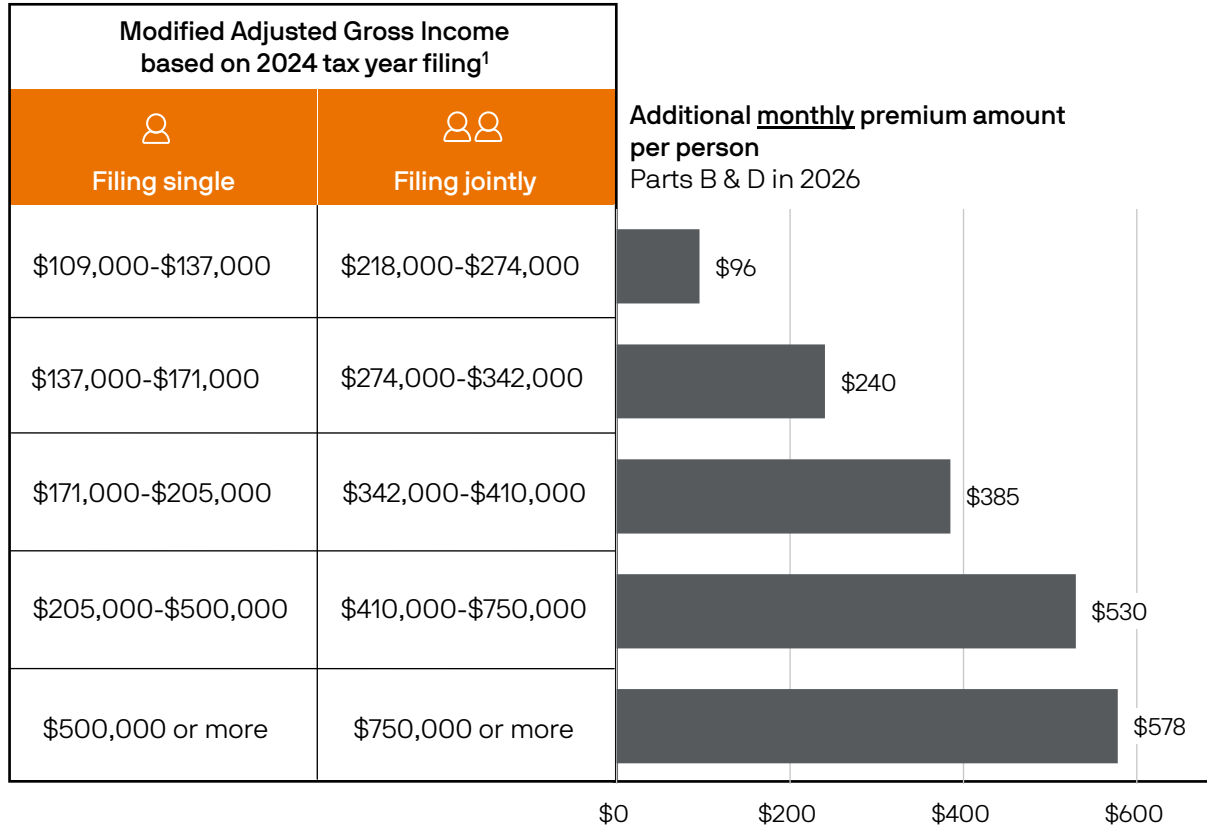
Source: HealthView Services, December 2025; Kaiser Family Foundation, Key Facts About Medigap Enrollment, October 2024.



# 2026 income-related monthly adjustment amounts

GTR-OTB

The adjustment amount is the same for all income levels within a band  
If you go over a threshold, you pay the additional premium for that band



## Surcharge details

There may be a bigger impact for singles and surviving spouses: Medicare surcharge thresholds for singles are half of the thresholds for couples.

### Filing an appeal?

If you have stopped work or you have lower income due to circumstances outside of your control, you might be eligible for an appeal. See form SSA-44 for details: [ssa.gov/forms/ssa-44.pdf](https://ssa.gov/forms/ssa-44.pdf)

Social Security/Health

<sup>1</sup>The Social Security Administration uses the most recent federal return supplied by the IRS. If you amended your return in a way that changes your adjustment amount, you may need to contact your Social Security office. This is not meant to be personal tax advice. Please consult your tax professional for specifics for your situation. Modified Adjusted Gross Income (MAGI) for purposes of calculating Medicare surcharges is Adjusted Gross Income (AGI) plus tax-exempt interest income. Thresholds increase each year with inflation, except the top threshold, which was added in 2019; this top threshold is set to annually inflate starting in 2028. Source: [Medicare.gov](https://www.medicare.gov) as of December 2025.



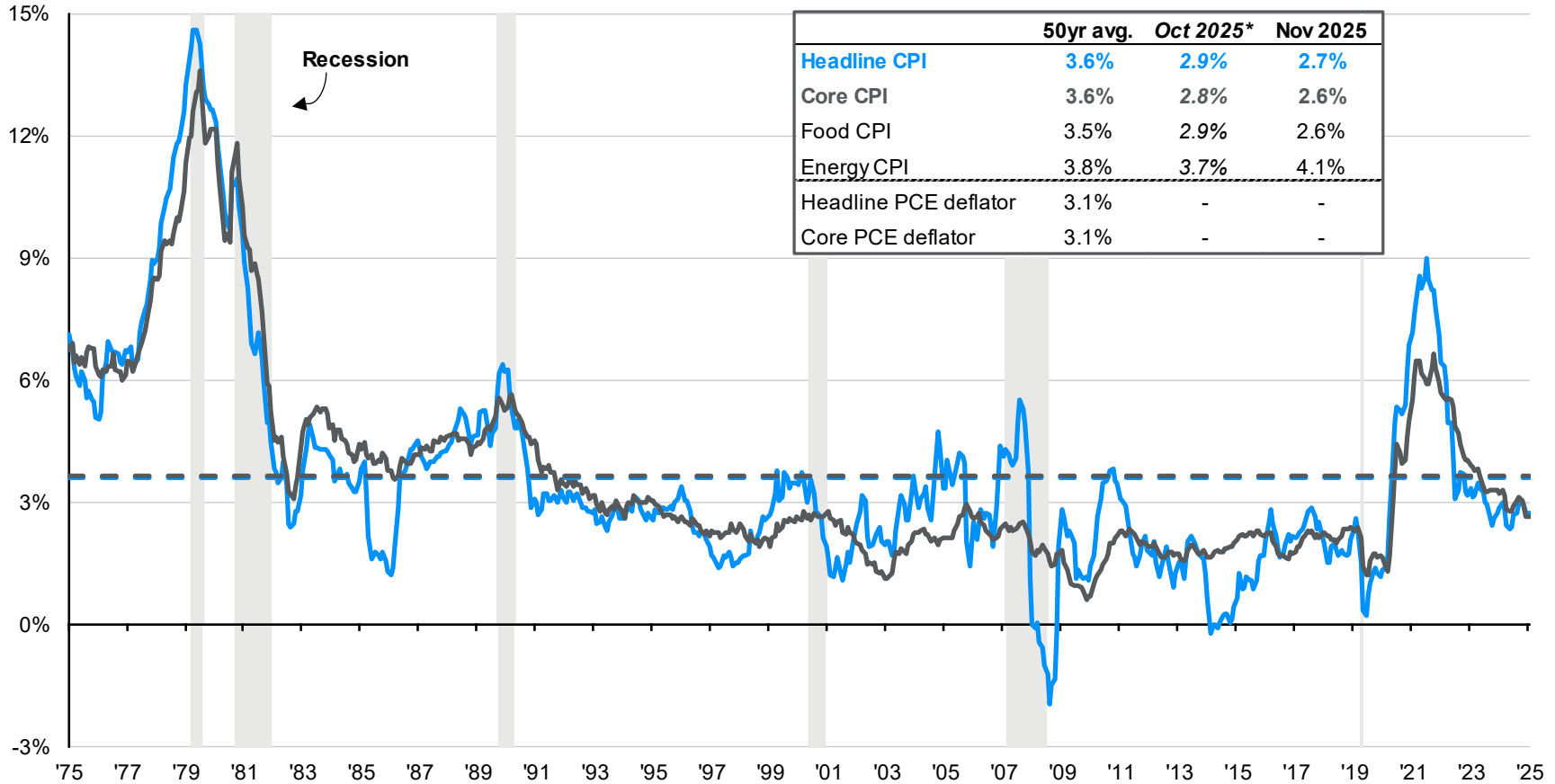
# Inflation

GTM U.S. OTB

Economy

## CPI and core CPI

% change vs. prior year, seasonally adjusted

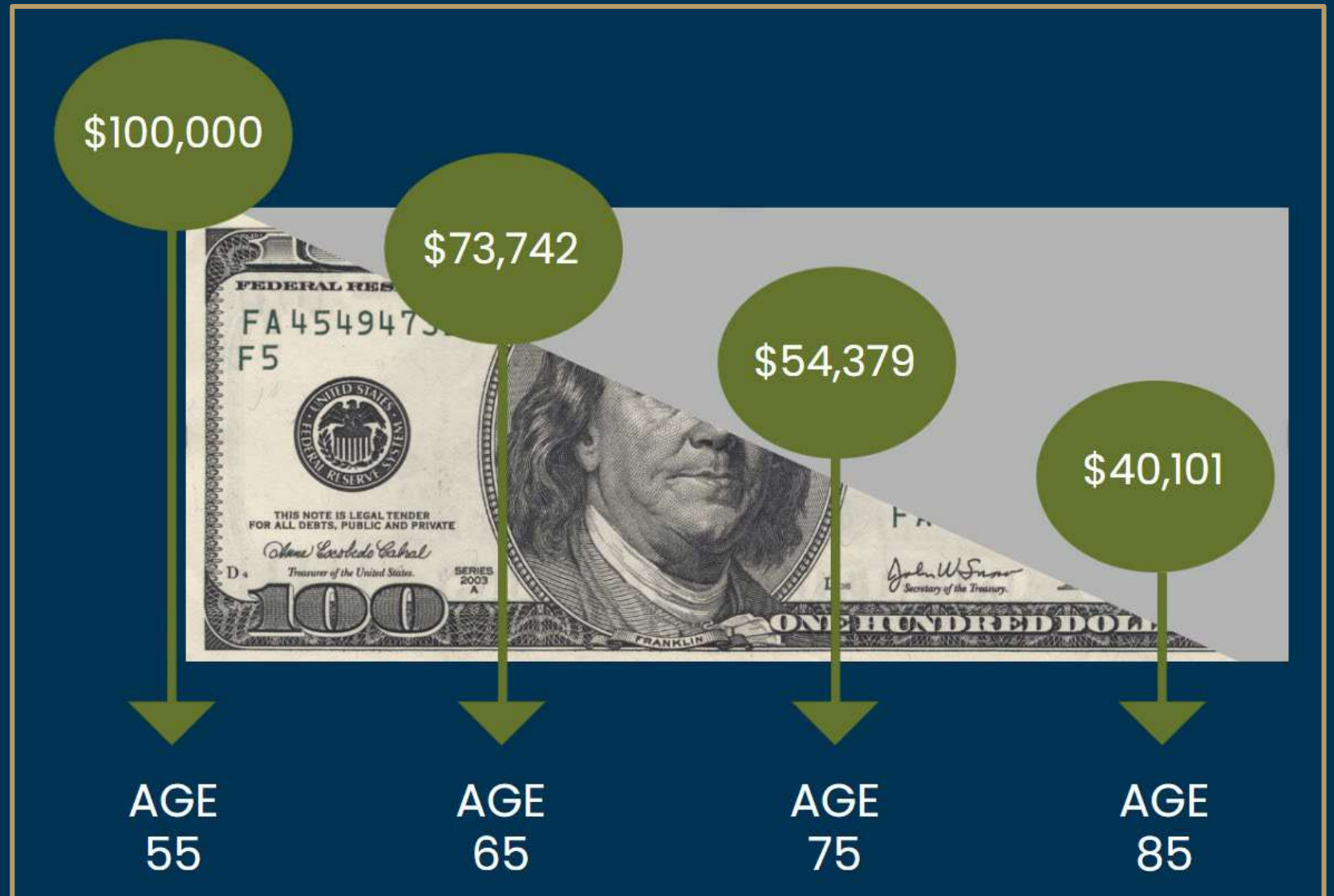


Source: BLS, FactSet, J.P. Morgan Asset Management. CPI used is CPI-U and values shown are % change vs. one year ago. Core CPI is defined as CPI excluding food and energy prices. The Personal Consumption Expenditure (PCE) deflator employs an evolving chain-weighted basket of consumer expenditures instead of the fixed-weight basket used in CPI calculations. Official October 2025 data unavailable due to government shutdown and data shown are J.P. Morgan Asset Management estimates.

Guide to the Markets – U.S. Data are as of December 31, 2025.

# INFLATION'S BIG BITE

*Even modest inflation can shift the value of your savings. Look at the damage 3% can do over time.*



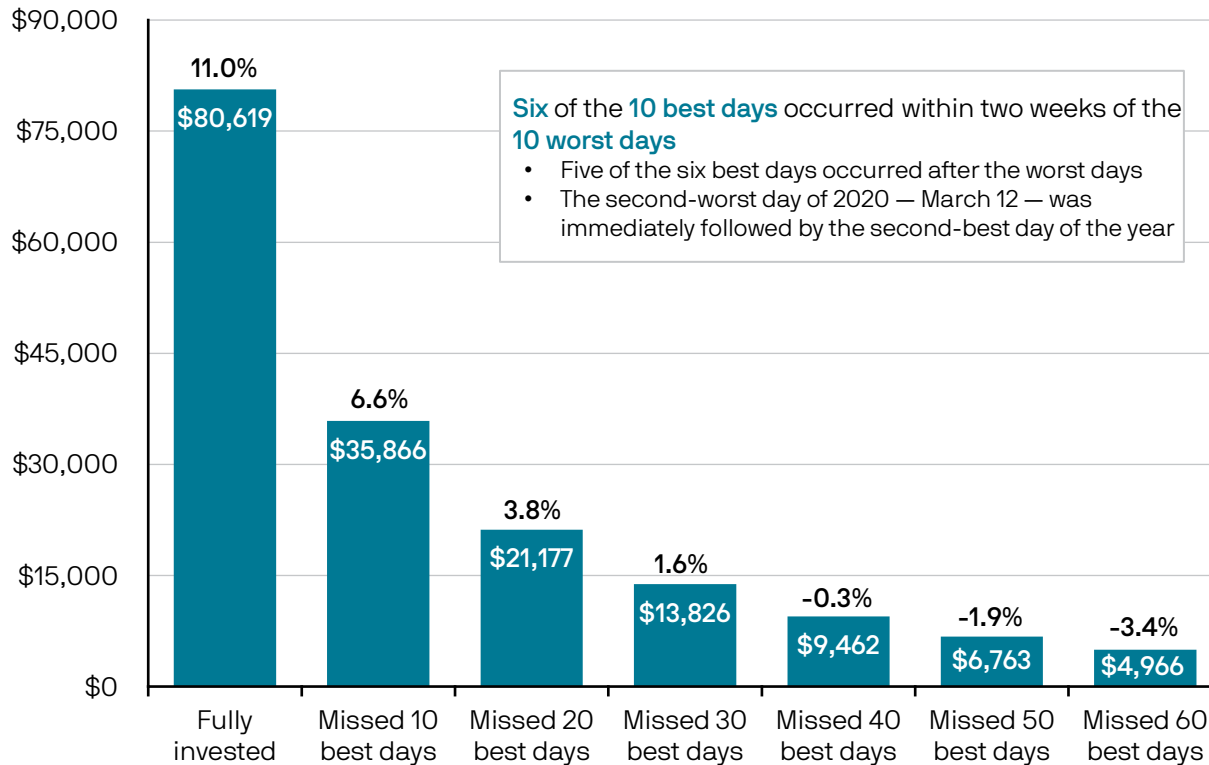


# Impact of being out of the market

GTR

## Returns of the S&P 500

Performance of a \$10,000 investment between January 2, 2006 and December 31, 2025



### Plan to stay invested

Losses hurt more than gains feel good. Market lows can result in emotional decision making.

Taking “control” by selling out of the market after the worst days is likely to result in missing the best days that follow. Investing for the long term in a well-diversified portfolio can result in a better retirement outcome.

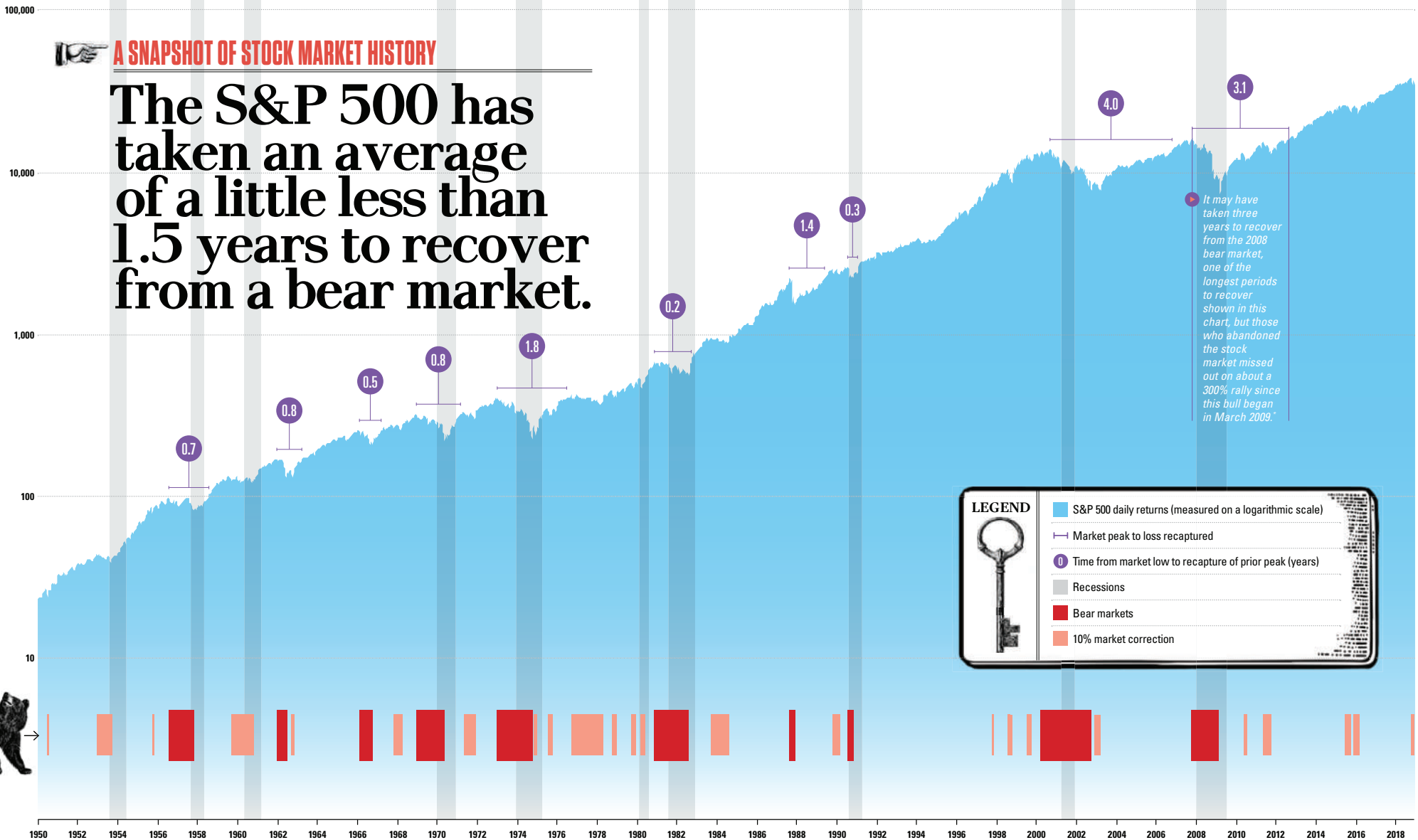
Investing

Returns are based on the S&P 500 Total Return Index, an unmanaged, capitalization-weighted index that measures the performance of 500 large capitalization domestic stocks representing all major industries. Indices do not include fees or operating expenses and are not available for actual investment. The hypothetical performance calculations are shown for illustrative purposes only and are not meant to be representative of actual results while investing over the time periods shown. The hypothetical performance calculations are shown gross of fees. If fees were included, returns would be lower. Hypothetical performance returns reflect the reinvestment of all dividends. The hypothetical performance results have certain inherent limitations. Unlike an actual performance record, they do not reflect actual trading, liquidity constraints, fees and other costs. Also, since the trades have not actually been executed, the results may have under- or overcompensated for the impact of certain market factors such as lack of liquidity. Simulated trading programs in general are also subject to the fact that they are designed with the benefit of hindsight. Returns will fluctuate and an investment upon redemption may be worth more or less than its original value. Past performance is not indicative of future returns. An individual cannot invest directly in an index. Data as of December 31, 2025. Source: J.P. Morgan Asset Management using data from Bloomberg.



## A SNAPSHOT OF STOCK MARKET HISTORY

# The S&P 500 has taken an average of a little less than 1.5 years to recover from a bear market.



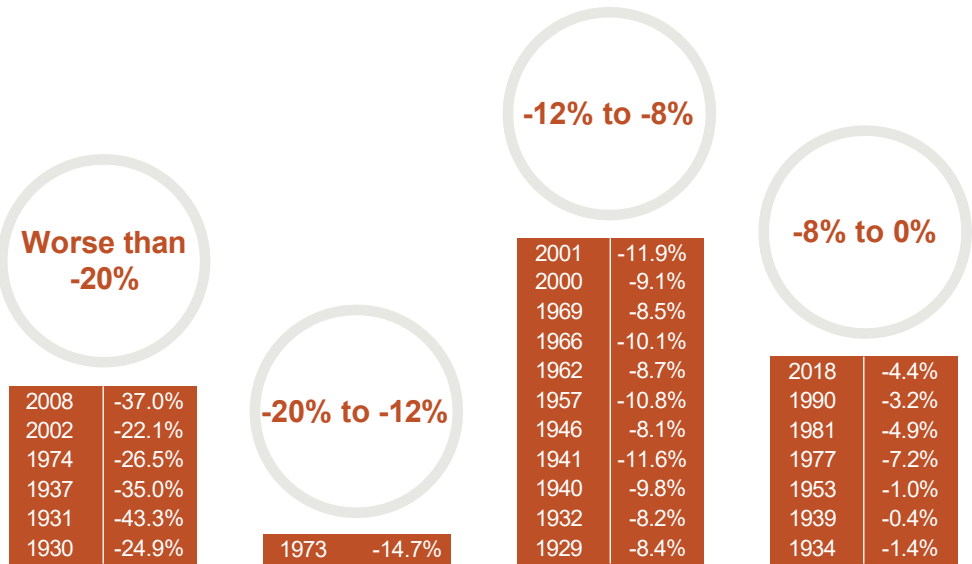
# Feast or Famine

More than 20%

## S&P 500® Index Stats Since 1926

Total Years (1926-2021):	96
Positive Years	71 yrs (74%)
Negative Years	25 yrs (26%)
# of Years Gains >20%:	36 yrs
# of Years Losses <20%:	6 yrs

**S&P 500® Average Annual Return: 10.5%**  
 The S&P 500® Index has grown at its average annual rate in only 6 years since 1926



**0% to 8%**

2015	1.4%
2011	2.1%
2007	5.5%
2005	4.9%
1994	1.3%
1992	7.7%
1987	5.2%
1984	6.3%
1978	6.6%
1970	4.0%
1960	0.5%
1956	6.6%
1948	5.5%
1947	5.7%

**8% to 12%**

2016	12.0%
2004	10.9%
1993	10.0%
1968	11.1%
1959	12.0%
1926	11.6%

**12% to 20%**

2020	18.4%
2014	13.7%
2012	16.0%
2010	15.1%
2006	15.8%
1988	16.8%
1986	18.5%
1979	18.4%
1972	19.0%
1971	14.3%
1965	12.5%
1964	16.5%
1952	18.4%
1949	18.8%
1944	19.8%

2021	28.7%
2019	31.5%
2017	21.8%
2013	32.4%
2009	26.5%
2003	28.7%
1999	21.0%
1998	28.6%
1997	33.4%
1996	23.1%
1995	37.4%
1991	30.5%
1989	31.5%
1985	32.2%
1983	22.5%
1982	21.4%
1980	32.4%
1976	23.8%
1975	37.2%
1967	24.0%
1963	22.8%
1961	26.9%
1958	43.4%
1955	31.6%
1954	52.6%
1951	24.0%
1950	31.7%
1945	36.4%
1943	25.9%
1942	20.3%
1938	31.1%
1936	33.9%
1935	47.7%
1933	54.0%
1928	43.6%
1927	37.5%

Source: FactSet, S&P Dow Jones Indices. Data calculated from 1926-2021 using total return. Past performance is no guarantee of future results.





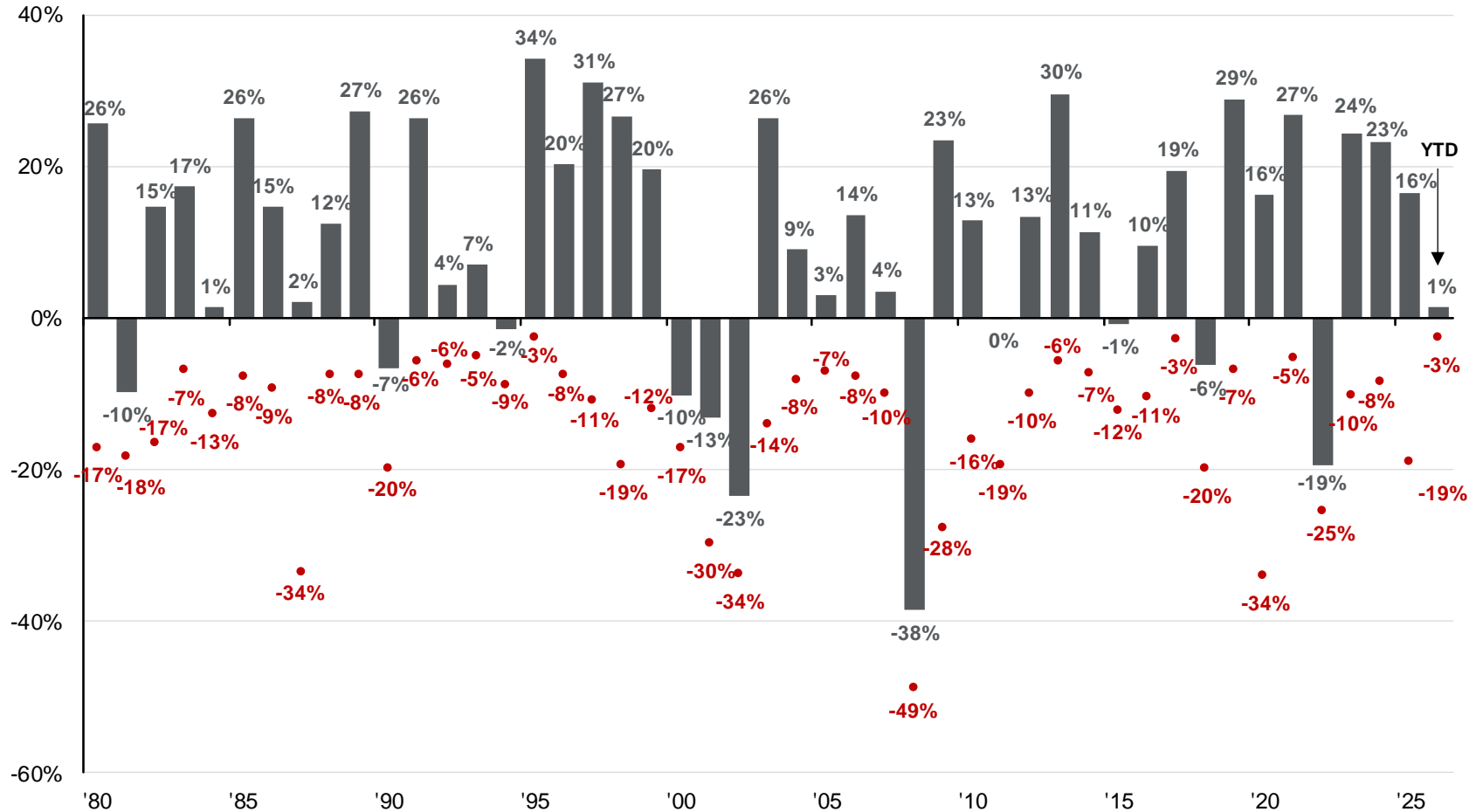
# Annual returns and intra-year declines

GTM U.S.

Equities

## S&P 500 intra-year declines vs. calendar year returns

Despite average intra-year drops of 14.2%, annual returns were positive in 35 of 46 years



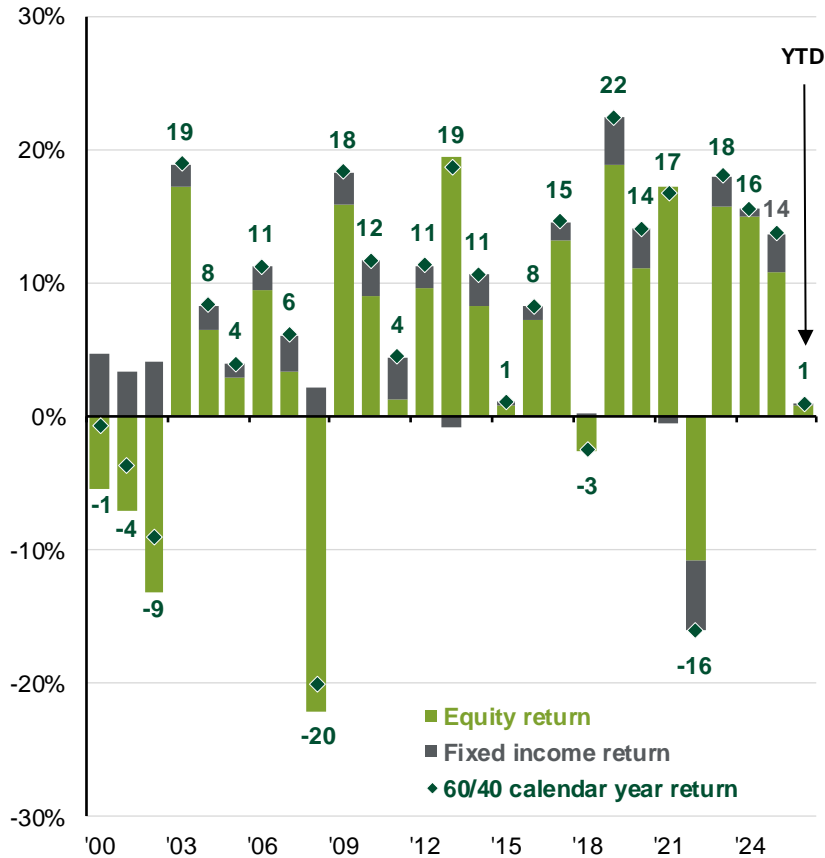
Source: FactSet, Standard & Poor's, J.P. Morgan Asset Management.  
 Returns are based on price index only and do not include dividends. Intra-year drops refers to the largest peak-to-trough decline during the year. Returns shown are calendar year returns from 1980 to 2025, over which the average annual return was 10.7%. Past performance is no guarantee of future results.  
 Guide to the Markets – U.S. Data are as of January 30, 2026.



# 60/40 returns and stock-bond correlation

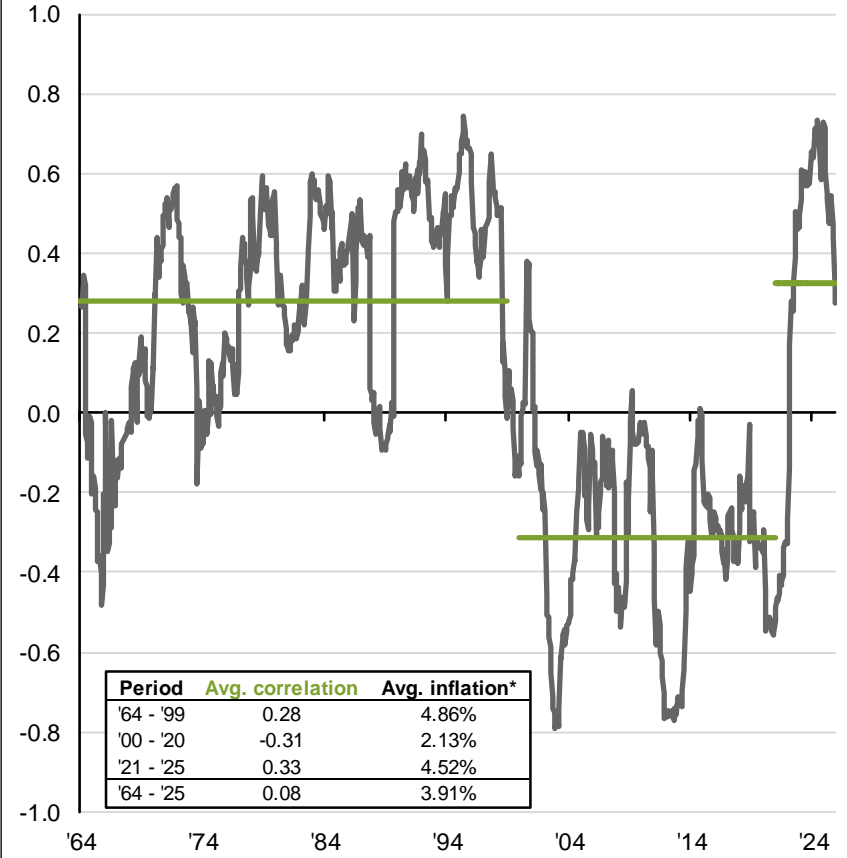
## 60/40 annual return decomposition

Total return, %



## S&P 500 / U.S. 10-year Treasury correlation

Rolling 24-month corr. based on monthly total returns, 1964 - present



Investing Principles

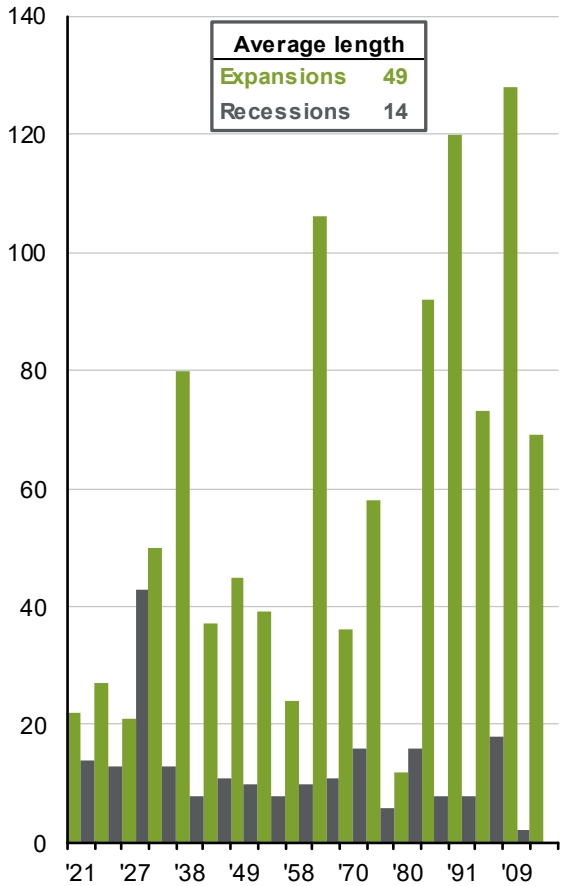
Source: Bloomberg, FactSet, Haver Analytics, LSEG, Standard & Poor's, J.P. Morgan Asset Management.  
 (Left) The 60/40 portfolio is 60% invested in the S&P 500 Total Return Index and 40% invested in the Bloomberg U.S. Aggregate Total Return Index.  
 (Right) Correlations are calculated using monthly returns of S&P 500 TR Index and U.S. 10-year Constant Maturity TR Index. For the U.S. 10-year Constant Maturity TR Index, data until 2006 are sourced from Haver Analytics and from FactSet thereafter. \*Simple average of the y/y percent change in headline CPI during each period. For the year 2025, October CPI data is missing due to the U.S. federal government shutdown.  
 Guide to the Markets – U.S. Data are as of January 30, 2026.



# Economic and market cycles

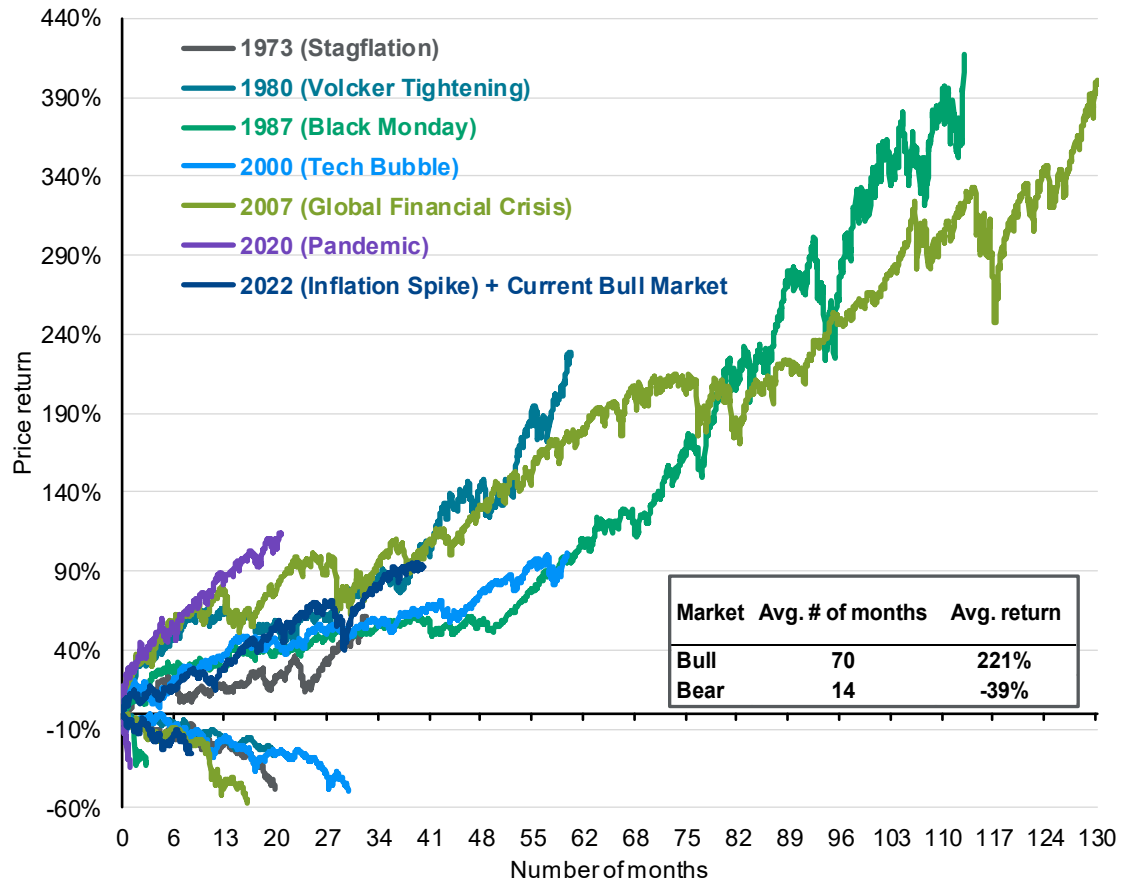
## Length of expansions and recessions

Months



## Length and severity of bear and subsequent bull markets

Number of months, S&P 500 price return



Source: BEA, FactSet, NBER, Standard & Poor's, J.P. Morgan Asset Management.

(Left) Chart assumes the current expansion lasted until at least the end of last month. (Right) Bear markets are defined as a 20% drawdown from the prior peak and measured from peak to bottom. Bull markets are measured from the bottom of the prior bear market to the peak. *Guide to the Markets – U.S.* Data are as of March 25, 2026.



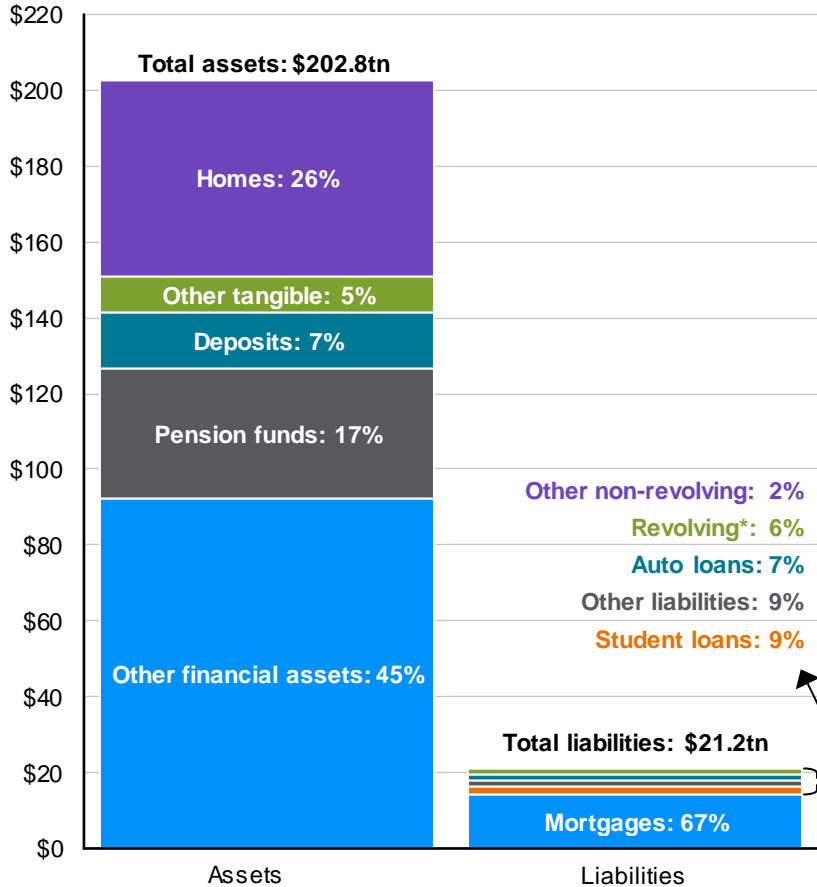
# Consumer finances

GTM U.S.

Economy

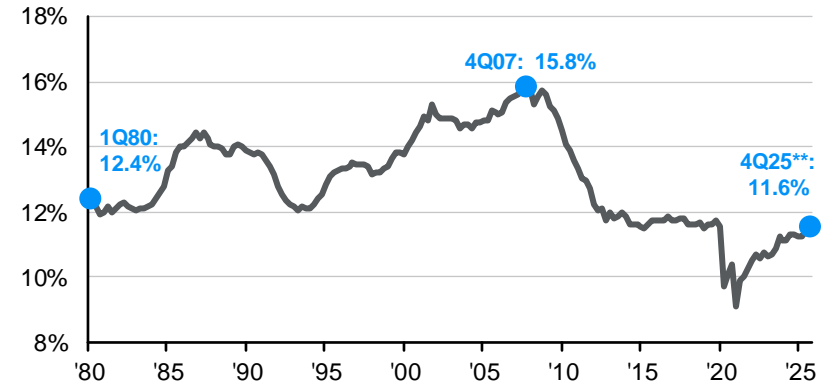
## Consumer balance sheet

3Q25, USD trillions, not seasonally adjusted



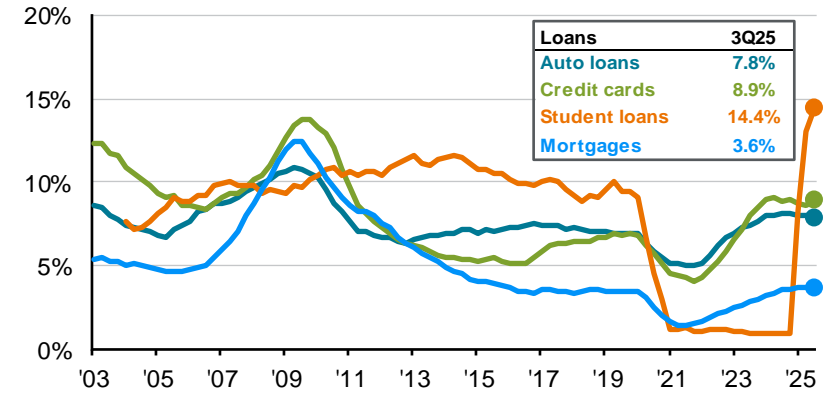
## Household debt service ratio

Debt payments as % of disposable personal income, SA



## Flows into early delinquencies

% of balance delinquent 30+ days



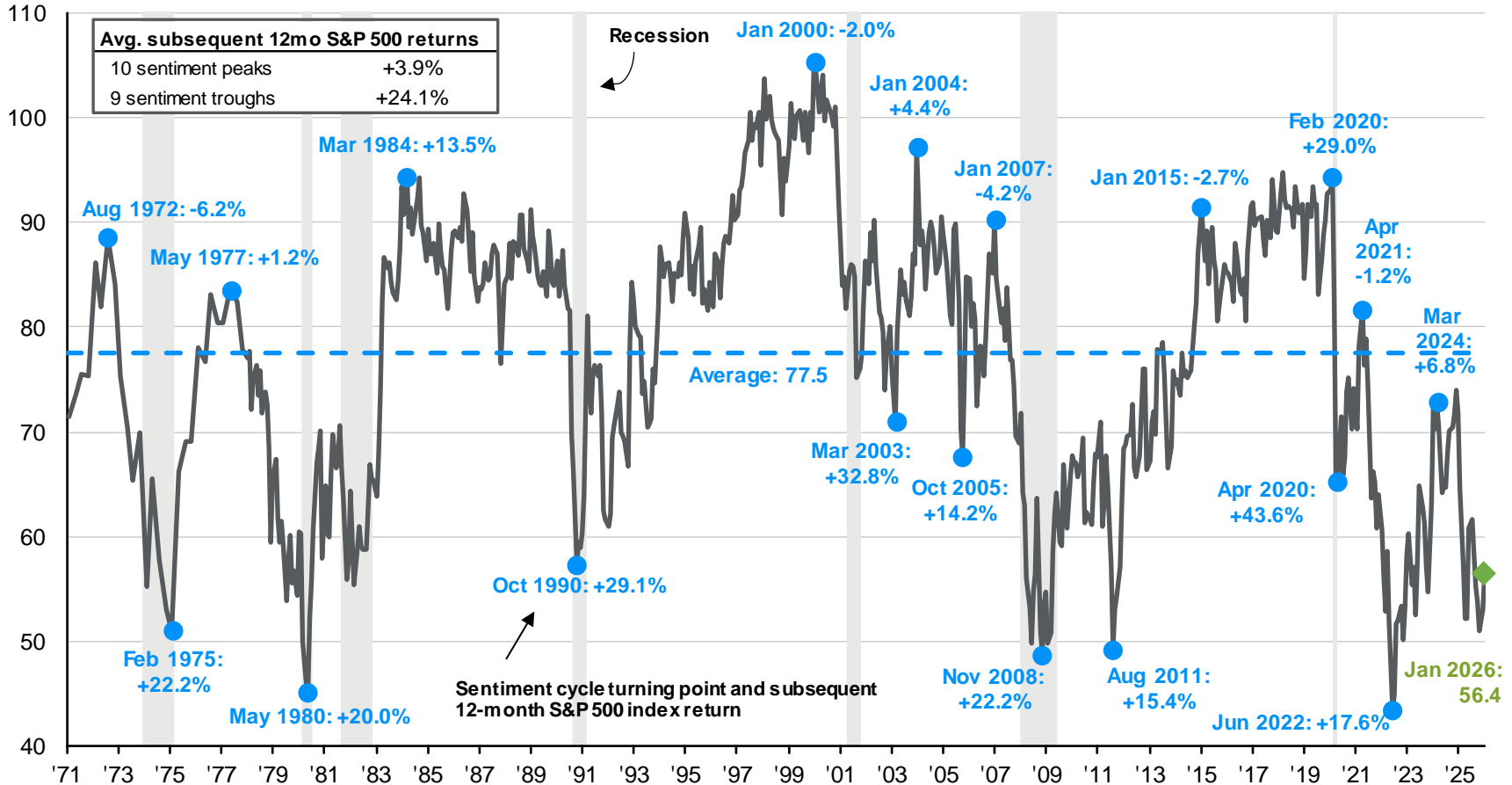
Source: FactSet, FRB, J.P. Morgan Asset Management; (Top and bottom right) BEA. Data include households and nonprofit organizations. \*Revolving includes credit cards. Values may not sum to 100% due to rounding. \*\*Periods for which official data are unavailable are J.P. Morgan Asset Management estimates. Household debt service ratio data from 1Q80 to 4Q04 are J.P. Morgan Asset Management estimates. Due to the moratorium on delinquent student loan payments being reported to credit bureaus, missed federal student loan payments were not reported until 4Q24. *Guide to the Markets - U.S.* Data are as of January 30, 2026.



# Consumer confidence and the stock market

Economy

## Consumer Sentiment Index\* and subsequent 12-month S&P 500 returns



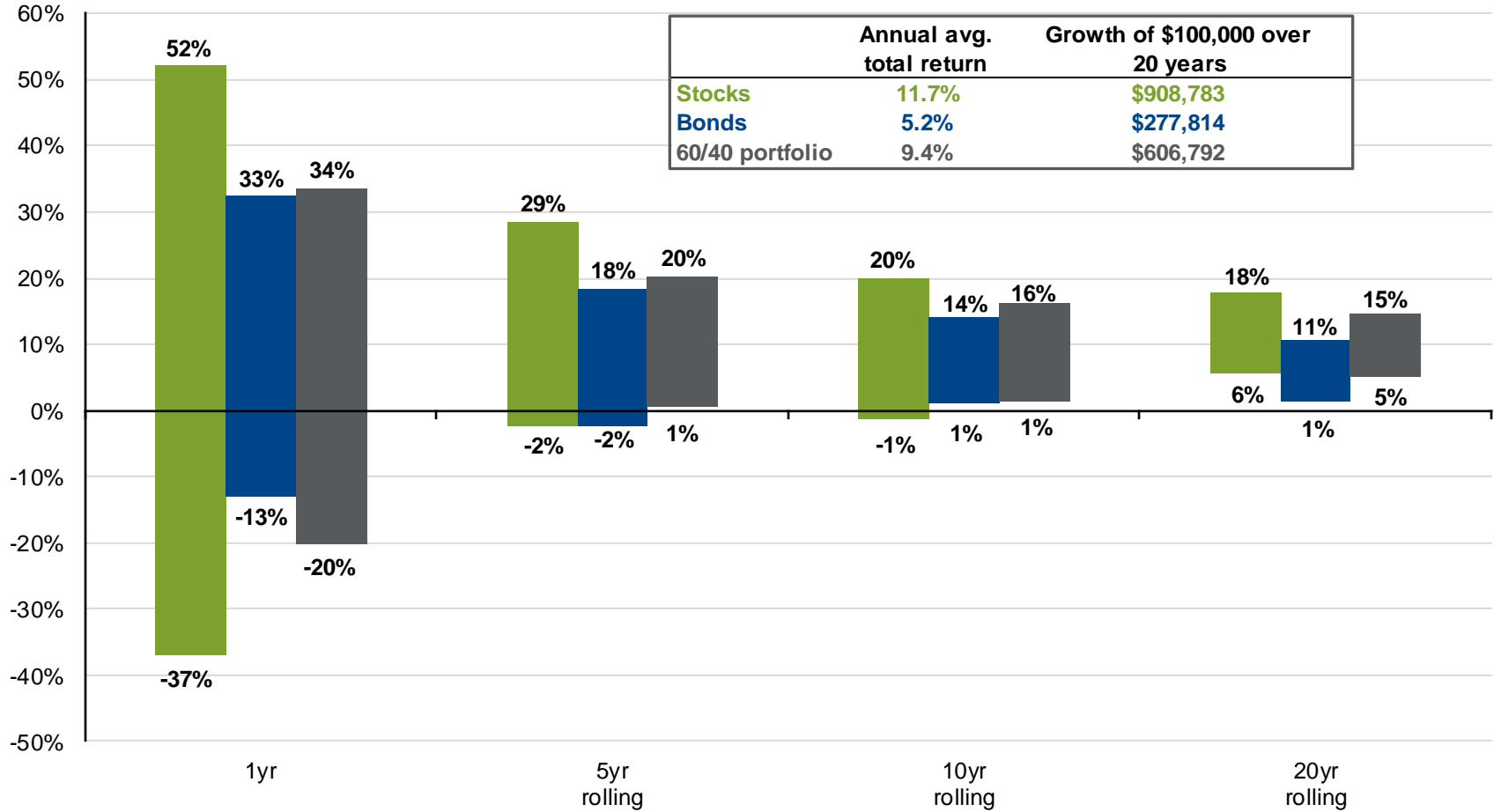
Source: FactSet, Standard & Poor's, University of Michigan, J.P. Morgan Asset Management. Peak is defined as the highest index value before a series of lower lows, while a trough is defined as the lowest index value before a series of higher highs. Subsequent 12-month S&P 500 returns are price returns only starting from the end of the month and excluding dividends. Past performance is no guarantee of future results. \*Data prior to August 2024 adjusted by J.P. Morgan Asset Management to account for methodological changes by the University of Michigan. *Guide to the Markets* – U.S. Data are as of January 30, 2026.



# Time, diversification and the volatility of returns

## Range of stock, bond and blended total returns

Annual total returns, 1950 - 2025



Investing Principles

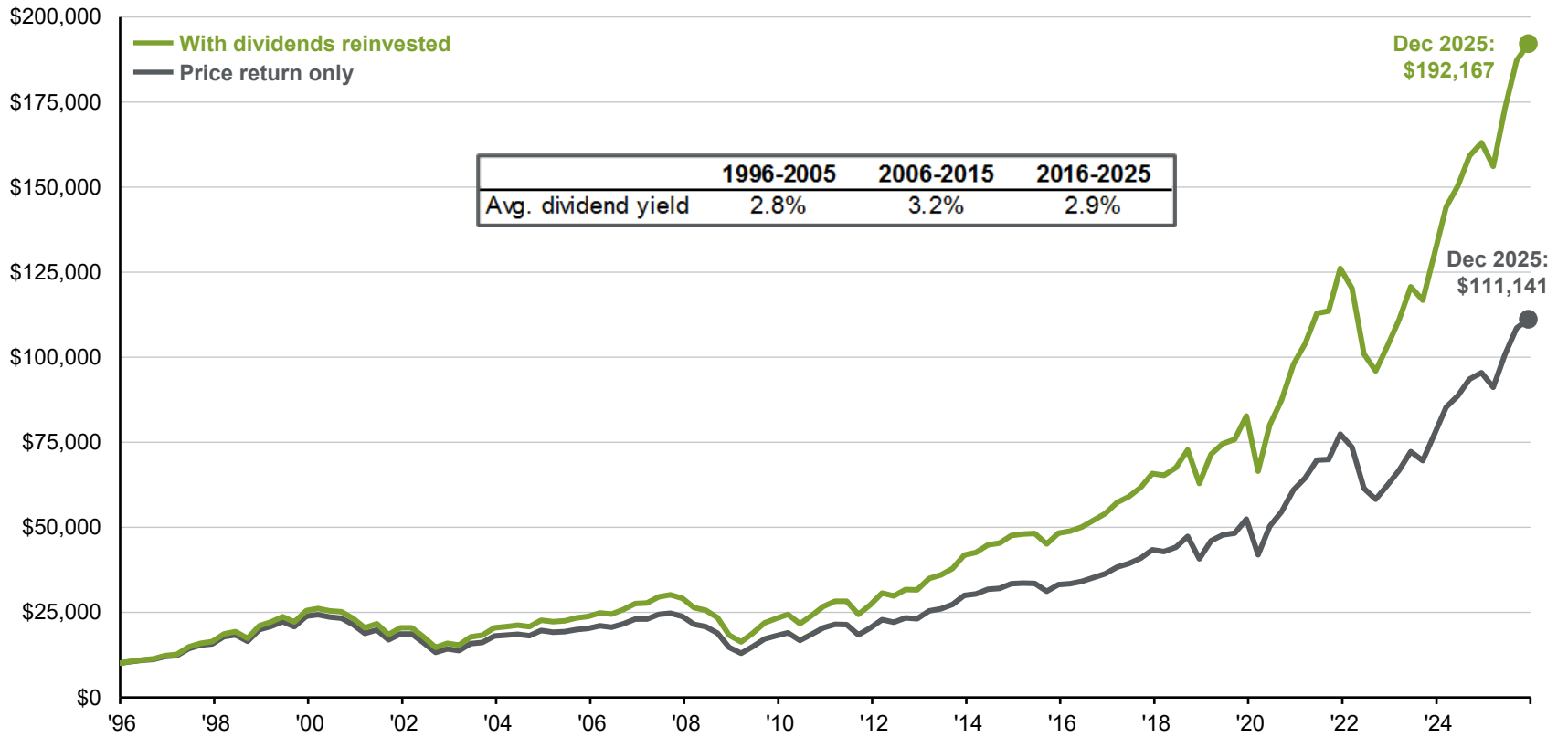
Source: Bloomberg, FactSet, Federal Reserve, Standard & Poor's, Strategas/Ibbotson, J.P. Morgan Asset Management. Returns shown are based on calendar year returns from 1950 to 2025. Stocks: S&P 500; Bonds: Strategas/Ibbotson for periods prior to 1976 and the Bloomberg U.S. Aggregate thereafter. Growth of \$100,000 is based on annual average total returns from 1950 to 2025. Guide to the Markets – U.S. Data are as of January 30, 2026.



# Importance of dividends

## The power of dividend reinvestment

S&P 500 price return versus total return, growth of \$10,000, quarterly



Source: FactSet, Standard & Poor's, J.P. Morgan Asset Management. Guide to the Markets – U.S. Data are as of December 31, 2025.

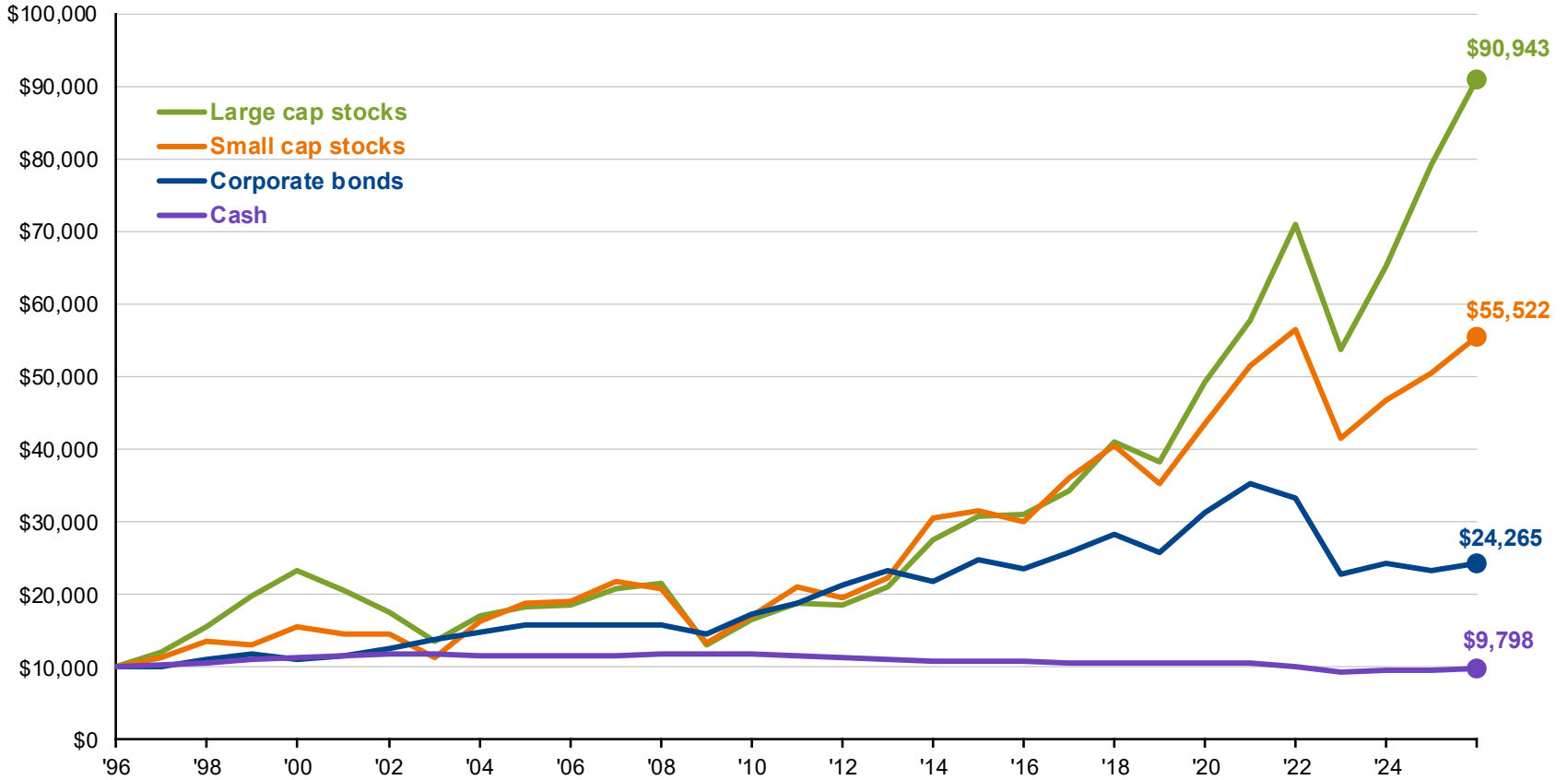


# Risk investing and the power of compounding

GTM U.S.

## Change in purchasing power by investment in major asset class

Growth of \$10,000, adjusted for inflation, 1996 - 2025, annual returns



Investing Principles

Source: Bloomberg, Bureau of Labor Statistics, Ibbotson, J.P. Morgan Asset Management.  
 Large cap stocks: S&P 500 TR Index; Small cap stocks: Russell 2000 TR Index; Corporate bonds: Bloomberg Long U.S. Corporate Index; Cash: Bloomberg U.S. Treasury Bills Index. All returns are inflation-adjusted total returns, using annual average headline CPI inflation.  
 Guide to the Markets – U.S. Data are as of April 7, 2026.



# Traditional IRAs vs. Roth IRAs: 2025/2026

GTR-OTB

Reference

	Traditional IRA	Roth IRA
<b>Maximum contribution 2026</b>	<ul style="list-style-type: none"> <li>• \$7,500 (earned income)</li> <li>• \$8,600 (age 50 and over)<sup>1</sup></li> <li>• Reduced by Roth IRA contributions</li> </ul>	<ul style="list-style-type: none"> <li>• \$7,500 (earned income)</li> <li>• \$8,600 (age 50 and over)<sup>1</sup></li> <li>• Reduced by Traditional IRA contributions</li> </ul>
<b>Tax-deductibility income limits (Traditional IRA) and contribution income limits (Roth IRA)<sup>2</sup></b>	<p>If you or your spouse is covered by a retirement plan at work, tax deductibility of contributions phases out at these income levels:</p> <p><b>2025</b> Single: \$79,000-\$89,000 Married: \$126,000-\$146,000</p> <p><b>2026</b> Single: \$81,000-\$91,000 Married: \$129,000-\$149,000</p>	<p>Contributions are non-deductible; employer plan coverage does not change the contribution phase-out limits:</p> <p><b>2025</b> Single: \$150,000-\$165,000 Married: \$236,000-\$246,000</p> <p><b>2026</b> Single: \$153,000-\$168,000 Married: \$242,000-\$252,000</p>
<b>Federal tax treatment</b>	<ul style="list-style-type: none"> <li>• Investment growth is tax-deferred and contributions may be tax deductible. Deductible contributions and investment gains are taxed as ordinary income upon withdrawal.</li> <li>• If non-deductible contributions have been made, each withdrawal is taxed proportionately on a pro-rata basis, taking into consideration all contributions made to all Traditional IRAs owned.</li> </ul>	<ul style="list-style-type: none"> <li>• Taxes are due upon conversion of account balances not yet taxed.</li> <li>• Qualified withdrawals of contributions at any time are tax free and IRS penalty free; converted amounts may be withdrawn tax free.<sup>3</sup></li> <li>• Qualified withdrawals of earnings are tax free and IRS penalty free if taken after five years have passed since the account was initially funded and the account owner is age 59½ or older (other exceptions may be applicable).</li> <li>• Multiple Roth IRAs are considered one Roth IRA for withdrawal purposes and distributions MUST be withdrawn in a specific order deemed by the IRS that applies regardless of which Roth IRA is used to take that distribution.</li> </ul>
<b>Early withdrawals</b>	Early withdrawals before age 59½ are generally subject to a 10% IRS penalty unless certain exceptions apply.	
<b>Mandatory withdrawals</b>	By April 1 of the year after one's RMD age: 70½ for those born prior to July 1, 1949; 72-75 for those born on or after July 1, 1949.	None for account owner
<b>Deadline to contribute</b>	<p><b>2025 contribution:</b> April 15, 2026</p> <p><b>2026 contribution:</b> April 15, 2027</p>	<p><b>2025 contribution:</b> April 15, 2026</p> <p><b>2026 contribution:</b> April 15, 2027</p>

<sup>1</sup>Must be age 50 or older by December 31 of the calendar year. IRS Publication 590.

<sup>2</sup>Assumes participation in an employer's retirement plan. No income limits apply when investors and spouses are not covered by a retirement plan at work. Income limits based on Modified AGI (Adjusted Gross Income less certain deductions). Use Worksheet 1-1 in IRS Publication 590-A or consult your tax professional.

<sup>3</sup>Distributions from a conversion amount must satisfy a five-year investment period to avoid the 10% penalty. This pertains only to the conversion amount that was treated as income for tax purposes. The presenter of this slide is not a tax or legal professional. Clients should consult a personal tax or legal professional prior to making any tax- or legal-related investment decisions. IRS Publication 590.

Source: [IRS.gov](https://www.irs.gov); IRS Notice 2025-67.



# Retirement plan contribution and deferral limits: 2025/2026

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Type of retirement account	Specifics	2025	2026
401(k), 403(b), 457(b)	401(k) elective deferral limit (with catch-up contribution/special catch-up age 60-63)	\$23,500 (\$31,000 age 50-59 and 64+/\$34,750 age 60-63)	\$24,500 (\$32,500 age 50-59 and 64+/\$35,750 age 60-63) <sup>1</sup>
	Annual defined contribution limit	\$70,000	\$72,000
	Annual compensation limit	\$350,000	\$360,000
	Highly compensated employee threshold	\$160,000	\$160,000
	403(b)/457 elective deferrals (with catch-up contribution/special catch-up age 60-63)	\$23,500 (\$31,000 age 50-59 and 64+/\$34,750 age 60-63)	\$24,500 (\$32,500 age 50-59 and 64+/\$35,750 age 60-63)
SIMPLE IRA	SIMPLE employee deferrals (with catch-up deferral) <sup>2</sup>	\$16,500 (\$19,500 age 50-59 and 64+/\$21,750 age 60-63)	\$17,000 (\$21,000 age 50-59 and 64+/\$22,250 age 60-63)
SEP IRA	Maximum contribution <sup>3</sup>	\$70,000	\$72,000
	SEP minimum compensation	\$750	\$800
	SEP annual compensation limit	\$350,000	\$360,000
Health Savings Account (HSA)	Maximum contribution amount (with catch-up contribution age 55 and over)	<b>Single:</b> \$4,300 (\$5,300) <b>Family:</b> \$8,550 (\$9,550)	<b>Single:</b> \$4,400 (\$5,400) <b>Family:</b> \$8,750 (\$9,750-\$10,750) <sup>4</sup>
	Minimum deductible	<b>Single:</b> \$1,650 <b>Family:</b> \$3,300	<b>Single:</b> \$1,700 <b>Family:</b> \$3,400
	Maximum out-of-pocket expenses	<b>Single:</b> \$8,300 <b>Family:</b> \$16,600	<b>Single:</b> \$8,500 <b>Family:</b> \$17,000
Social Security	Wage base	\$176,100	\$184,500
	Maximum earnings test exempt amounts <sup>5</sup>	\$23,400/year (before FRA*) \$62,100/year (in year of FRA*)	\$24,480/year (before FRA*) \$65,160/year (in year of FRA*)
	Maximum Social Security benefit at FRA*	\$4,018/month	\$4,152/month
<b>Defined benefit – maximum annual benefit at retirement</b>		<b>\$280,000</b>	<b>\$290,000</b>

\*FRA is Full Retirement Age for Social Security. Assumes FRA at age 67.

<sup>1</sup>Beginning in 2026, the SECURE 2.0 act requires those earning \$150,000+ must make their 401(k) catch-up contributions as a Roth contribution.

<sup>2</sup>Employer may either match employee's salary reduction contributions dollar for dollar up to 3% of employee's compensation or make non-elective contributions equal to 2% of compensation up to the annual compensation limit. IRS Publication 560. <sup>3</sup>Employer contributions may not exceed the annual defined contribution limit or 25% of compensation. Other rules apply for self-employed individuals. IRS Publication 560. <sup>4</sup>HSA catch-up contributions for family include \$9,750 if one spouse contributes, and \$10,750 if each spouse contributes to their own HSA (and both are age 55+). <sup>5</sup>In calendar years before FRA, benefit reduced \$1 for every \$2 of earned income above the limit; during year of FRA, benefit reduced \$1 for every \$3 of earned income in months prior to FRA.

Source: [IRS.gov](https://www.irs.gov); [SSA.gov](https://www.ssa.gov).

Reference



# A closer look at tax rates: 2026

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## Federal income tax rates applicable to taxable income

Tax rate	Single filers	Married filing jointly	Capital gains & dividends	Medicare tax on earned income	Medicare tax on net investment income	Limits to itemized deductions
10%	Up to \$12,400	Up to \$24,800	0%	1.45% (employee portion, employers also pay 1.45%)	0%	<ul style="list-style-type: none"> <li>-Medical expenses greater than 7.5% of Adjusted Gross Income (AGI)</li> <li>-SALT (state and local taxes) deduction capped at \$40,400</li> <li>-Mortgage interest deduction limited to primary/secondary homes with up to \$750,000 new debt. Interest deduction is allowed on new home equity debt used to buy, build or substantially improve the home</li> <li>-Cash charitable contributions deductible up to 60% of AGI<sup>2</sup></li> </ul>
12%	\$12,401-\$50,400	\$24,801-\$100,800	up to \$49,450 (single)/\$98,900 (married)			
22%	\$50,401-\$105,700	\$100,801-\$211,400	15%			
24%	\$105,701-\$201,775	\$211,401-\$403,550	up to \$545,500 (single)/\$613,700 (married)	2.35% (includes 1.45% employee tax referenced above plus additional 0.9% tax for earned income above MAGI <sup>1</sup> \$200,000/\$250,000 threshold)	3.8% (additional tax will be levied on lesser of: 1) net investment income or 2) excess MAGI above \$200,000/\$250,000 threshold)	
32%	\$201,776-\$256,225	\$403,551-\$512,450				
35%	\$256,226-\$640,600	\$512,451-\$768,700				
37%	\$640,601 or more	\$768,701 or more	20% > \$545,500 (single)/\$613,700 (married)			

Standard deduction: \$16,100 (single)/\$32,200 (filing jointly).

Additional deduction for those 65 and older: \$6,000 (single)/\$12,000 (filing jointly if both qualify) starts phasing out with income of \$75,000 (single)/\$150,000 (filing jointly).

<sup>1</sup>Modified Adjusted Gross Income (MAGI) is AGI plus amount excluded from income as foreign earned income, tax-exempt interest and Social Security benefit.

<sup>2</sup>New above-the-line deduction for those who don't itemize of \$1,000/\$2,000 (single/joint filing).

## Top tax rates for ordinary income, capital gains and dividend income

Type of gain	Maximum rate	Alternative Minimum Tax (AMT) exemption <sup>4</sup>		
		Filing status	Exemption	Exemption phase-out range
Top rate for ordinary income & non-qualified dividends	37%/40.8% <sup>3</sup>	Single/Head of household	\$90,100	\$500,000-\$680,200
Short-term capital gains (assets held 12 months or less)	37%/40.8% <sup>3</sup>	Married filing jointly	\$140,200	\$1,000,000-\$1,280,400
Long-term capital gains (assets held more than 12 months) & qualified dividends	20%/23.8% <sup>3</sup>			

<sup>3</sup>Includes top tax rate plus 3.8% Medicare tax on the lesser of net investment income or excess of MAGI over threshold (single threshold \$200,000; married filing jointly \$250,000).

<sup>4</sup>The exemption amount is reduced 0.50 for every \$1 of AMTI (income) above the threshold amount for the taxpayer's filing status. For AMTI above the top range the exemption will be \$0.

## Federal estate, generation-skipping transfer (GST) tax & gift tax exemption

Top federal estate tax rate	40%
Federal estate, GST & gift tax exemption	\$15 million per individual/\$30 million per couple <sup>5</sup>
Annual gift tax exclusion	\$19,000 per donor, per donee (\$38,000 per couple)

<sup>5</sup>For decedents who die during 2026 (up from 13.99 million in 2025).

Source: [IRS.gov](https://www.irs.gov). The presenter of this slide is not a tax or legal professional. This slide is for informational purposes only and should not be relied on as tax or legal advice. Clients should consult their tax or legal professional before making any tax- or legal-related investment decisions.

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U.S. large cap growth	6.75%	13.25%	16.75%	20.00%	26.75%
U.S. large cap value	6.50%	13.50%	16.50%	20.00%	26.75%
U.S. REITs	0.75%	1.25%	1.75%	2.00%	2.50%
Developed market equities	4.25%	8.50%	10.75%	13.00%	17.25%
Emerging market equities	1.75%	3.50%	4.25%	5.00%	6.75%
U.S. investment-grade bonds	51.50%	38.25%	31.75%	25.00%	11.75%
U.S. high yield bonds	6.25%	4.75%	3.75%	3.00%	1.50%
U.S. securitized	20.25%	15.00%	12.50%	10.00%	4.75%
U.S. cash	2.00%	2.00%	2.00%	2.00%	2.00%

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