

2020 Cost of Living Adjustments

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Employee Benefits

November 7, 2019 Employee Benefits Advisory

The Internal Revenue Service has announced the 2020 cost of living adjustments to various limits. The adjusted amounts generally apply for plan years beginning in 2020. Some of the adjusted amounts, however, apply to calendar year 2020.

Employee Benefit Plans

Plan Year	2020	2019
401(k), 403(b), 457 deferral limit	\$19,500	\$19,000
Catch-up contribution limit (age 50 or older by end of year)	\$6,500	\$6,000
Annual compensation limit	\$285,000	\$280,000
Annual benefits payable under defined benefit plans	\$230,000	\$225,000
Annual allocations to accounts in defined contribution plans	\$57,000 (but not more than 100% of compensation)	\$56,000 (but not more than 100% of compensation)
Highly compensated employee	Compensation more than \$130,000 in 2019 plan year	Compensation more than \$125,000 in 2018 plan year

Health Savings Accounts

Calendar Year	2020	2019
Maximum contribution		
• Family	\$7,100	\$7,000
• Self	\$3,550	\$3,500
Catch-up contribution (participants who are 55 by end of year)	\$1,000	\$1,000
Minimum deductible		
• Family	\$2,800	\$2,700
• Self	\$1,400	\$1,350
Maximum out-of-pocket		
Family	\$13,800	\$13,500
• Self	\$6,900	\$6,750



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Social Security

Plan Year	2020	2019
Taxable wage base	\$137,700	\$132,900
Maximum earnings without loss of benefits		
Under full retirement age	\$1,520/mo. (\$18,240/yr.)	\$1,470/mo. (\$17,640/yr.)
Year you reach full retirement age	\$4,050/mo. up to month of full retirement age (\$48,600/yr.)	\$3,910/mo. up to month of full retirement age (\$46,920/yr.)

Social Security Retirement Age

Year of Birth	Retirement Age	
Prior to 1938	Age 65	
1938	65 and 2 months	
1939	65 and 4 months	
1940	65 and 6 months	
1941	65 and 8 months	
1942	65 and 10 months	
1943 - 1954	66	
1955	66 and 2 months	
1956	66 and 4 months	
1957	66 and 6 months	
1958	66 and 8 months	
1959	66 and 10 months	
1960 and later	67	