

Every year, federal agencies like the Internal Revenue Service and Social Security Administration assess the impact of inflation and the current environment on their areas of oversight. Often, this results in cost-of-living adjustments (COLA), which may change tax thresholds, retirement contribution limits and other tax-advantaged plans that are inflation-adjusted by law.

To help you plan, **here are key 2026 adjustments that could affect how you save, spend and invest**. As you review these numbers, we are available to discuss your financial strategy and any potential adjustments to consider.

In this article:

1. [Tax bracket adjustments](#)
2. [Retirement contribution limits](#)
3. [Income phase-out ranges for Roth and traditional IRAs](#)
4. [Health care account contribution limits](#)
5. [Qualified charitable distribution \(QCD\) amounts](#)
6. [Social Security](#)
7. [Questions to discuss with us](#)

Tax bracket adjustments

2025 federal income tax brackets

Tax bracket	Single	Married filing jointly	Head of household	Married filing separately
10%	\$0–\$11,925	\$0–\$23,850	\$0–\$17,000	\$0–\$11,925
12%	\$11,925–\$48,475	\$23,850–\$96,950	\$17,000–\$64,850	\$11,925–\$48,475

22%	\$48,475– \$103,350	\$96,950– \$206,700	\$64,850– \$103,350	\$48,475–\$103,350
24%	\$103,350– \$197,300	\$206,700– \$394,600	\$103,350– \$197,300	\$103,350–\$197,300
32%	\$197,300– \$250,525	\$394,600– \$501,050	\$197,300– \$250,500	\$197,300–\$250,525
35%	\$250,525– \$626,350	\$501,050– \$751,600	\$250,500– \$626,350	\$250,525–\$375,800
37%	\$626,350+	\$751,600+	\$626,350+	\$375,800+

Please note: The tax brackets above are for the 2025 tax year.

2026 federal income tax brackets

Tax bracket	Single	Married filing jointly	Head of household	Married filing separately
10%	\$0–\$12,400	\$0–\$24,800	\$0–\$17,700	\$0–\$12,400
12%	\$12,400–\$50,400	\$24,800–\$100,800	\$17,700–\$67,450	\$12,400–\$50,400
22%	\$50,400–\$105,700	\$100,800–\$211,400	\$67,450–\$105,700	\$50,400–\$105,700
24%	\$105,700–\$201,775	\$211,400–\$403,550	\$105,700–\$201,750	\$105,700–\$201,775
32%	\$201,775–\$256,225	\$403,550–\$512,450	\$201,750–\$256,200	\$201,775–\$256,225
35%	\$256,225–\$640,600	\$512,450–\$768,700	\$256,200–\$640,600	\$256,225–\$384,350

37%	\$640,600+	\$768,700+	\$640,600+	\$384,350+
------------	------------	------------	------------	------------

Please note: The tax brackets above are for the 2026 tax year. They are not used to calculate 2025 taxes.

General standard deduction

Filing status	2025	2026
Single	\$15,750	\$16,100
Married filing jointly	\$31,500	\$32,200
Head of household	\$23,625	\$24,150
Married filing separately	\$15,570	\$16,100

You may be eligible for an additional amount if you are 65 or older or blind.

Lifetime gift and estate tax exclusion

2025	2026
\$13.99 million	\$15 million

Annual gift tax exclusion*

2025	2026
\$19,000	\$19,000 (no change)

*Per gift recipient, per year.

Retirement contribution limits

401(k), 403(b), 457 and Thrift Savings Plans

	2025	2026
Elective deferral limit	\$23,500	\$24,500

Catch-up amount for employees ages 50+*	\$7,500	\$8,000
Catch-up amount for employees ages 60-63*	\$11,250	\$11,250 (no change)

*Beginning in 2026, catch-up contributions to employer-sponsored plans must be made on after-tax basis, if the employee earns more than \$150,000.

SIMPLE retirement plans

	2025	2026
Elective deferral limit	\$16,500	\$17,000
Catch-up amount for individuals ages 50+*	\$3,500	\$4,000
Catch-up amount for employees ages 60-63*	\$5,250	\$5,250 (no change)

*Beginning in 2026, catch-up contributions to employer-sponsored plans must be made on after-tax basis, if the employee earns more than \$150,000.

IRAs (traditional IRAs and Roth IRAs)

The limits below are the total combined contribution amounts you can make to any IRA (traditional or Roth).

	2025	2026
Individuals	\$7,000	\$7,500
Catch-up amount for individuals ages 50+	\$1,000	\$1,100

Income phase-out ranges for Roth and traditional IRAs

The following are the modified adjusted gross income (MAGI) phase-out ranges for Roth IRAs and traditional IRAs.

MAGI phase-out range – for making contributions to Roth IRAs

	2025	2026
Single/head of household	\$150,000– \$165,000	\$153,000–\$168,000

Married couple filing jointly	\$236,000– \$246,000	\$242,000–\$252,000
Married individual filing a separate return who makes contributions to a Roth IRA	\$0–\$10,000*	\$0–\$10,000* (no change)

*Not subject to an annual cost-of-living adjustment.

MAGI phase-out range – for making deductible contributions to Traditional IRAs, if covered by a plan at work

	2025	2026
Single/head of household	\$79,000– \$89,000	\$81,000–\$91,000
Married couple filing jointly	\$126,000– \$146,000	\$129,000– \$149,000
Individual not covered by a workplace retirement plan but is married to someone who is covered	\$236,000– \$246,000	\$242,000– \$252,000

Married individual filing a separate return who is covered by a workplace retirement plan	\$0–\$10,000*	\$0–\$10,000* (no change)
---	---------------	---------------------------

*Not subject to an annual cost-of-living adjustment.

Health care account contribution limits

Health savings accounts (HSA)

	2025	2026
Individual	\$4,300	\$4,400
Family	\$8,550	\$8,750
Catch up (for those 55+)	\$1,000*	\$1,000

*Not subject to an annual cost-of-living adjustment.

Health care flexible spending accounts (FSA)

	2025	2026
Maximum	\$3,300	\$3,400
Carryover maximum	\$660	\$680

Qualified charitable distribution (QCD) amounts

	2025	2026
Regular limit	\$108,000	\$111,000

Social Security

Social Security COLA benefit increase

2025	2026
------	------

2.5%	2.8%
------	------

Maximum earnings subject to the Social Security tax

2025	2026
\$176,100	\$184,500

Earnings limitations for retirees

Retirees who collect Social Security retirement benefits may choose to continue working. Individuals who are younger than full retirement age, collect Social Security retirement benefits and continue to work, will have some or all their Social Security benefits reduced if they earn more than the dollar amounts below.¹

	2025	2026
Earnings limit for workers who are younger than full retirement age (benefits reduced \$1 for each \$2 over the earnings limit)	\$23,400	\$24,480
Earnings limit for people in the year they reach their full retirement age, but before the month of full retirement age (benefits reduced \$1 for each \$3 over the earnings limit)	\$62,160	\$65,160