

# Social Security

## 2026 Benefits & Important Information





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# Claiming Decisions

## Full Retirement Age (FRA) – Based on Year of Birth

| Birth Year | FRA       | Birth Year                                  | FRA        |
|------------|-----------|---------------------------------------------|------------|
| 1943 - 54  | 66        | 1958                                        | 66 + 8 mo  |
| 1955       | 66 + 2 mo | 1959                                        | 66 + 10 mo |
| 1956       | 66 + 4 mo | 1960 +                                      | 67         |
| 1957       | 66 + 6 mo | <i>Jan. 1 birthdays refer to prior year</i> |            |

## Age-Based Reductions & Increases (assuming age 67 FRA)

| Filing Age | Individual Benefit<br>(% of Benefit) | Spousal Benefit<br>(% of Benefit)        | Survivor Benefit<br>(% of Benefit) |
|------------|--------------------------------------|------------------------------------------|------------------------------------|
| 60         | NOT ELIGIBLE                         |                                          | 71.50%                             |
| 61         |                                      |                                          | 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 - FRA   | 100%                                 | 100%<br>No increases beyond spouse's FRA |                                    |
| 68         | 108%                                 |                                          |                                    |
| 69         | 116%                                 |                                          |                                    |
| 70         | 124%                                 |                                          |                                    |

## Important Notes and Reminders When Claiming Benefits:

- Federal income tax may apply to benefits, but there are some states that don't apply state income tax (check your state's rules).
- Delayed retirement credits (after FRA) earned in a year aren't re-calculated and applied until January 1 of the following year.
- You have the option to suspend benefits after claiming within certain parameters (depending on when you claimed benefits.)
- All Social Security benefits are subjected to the Earnings Test.

# Couple's Benefits

## Spousal Benefits – Rules for Married Couples *(while both are still alive)*

### Spousal Benefit Formula:

- Start with 50% of higher earners FRA benefit
- Subtract the lower earners own FRA benefit
- Equals the spousal payment (then adjusted for filing age)

### General Notes on Spousal Benefits:

- You can't claim spousal benefits until your spouse claims on his/her own benefit first and there are no delayed credits earned on spousal benefits
- Must have been married for at least 1 year to be eligible
- There is no longer an option to use the "File and Suspend" strategy. Spouse will receive the highest benefit available to them upon filing (Deemed Filing rules).
- [For more information](#) on spousal and other family benefits

## Divorced Spouse Benefits *(while both are still alive)*

- Have been divorced for more than 2 years
- Were married for more than 10 years to your ex-spouse
- Haven't re-married prior to the age of 60
- Can provide a copy of original marriage certificate + divorce decree
- If the above criteria are met, you **may** be entitled to benefits on your ex-spouse's record
- [For more information](#) about divorced spousal benefits

## Spousal Claiming Strategy: Break-Even Ages

Three different scenarios below demonstrate at what age waiting to claim benefits (FRA or 70) would result in a higher total payout compared to claiming benefits now at the ages specified.

| Claim Now                                                                               | Claim at FRA | Claim at 70 |
|-----------------------------------------------------------------------------------------|--------------|-------------|
| <b>1</b> Spouse A / age 62 / \$2,500/mo at FRA<br>Spouse B / age 62 / \$1,250/mo at FRA | Age 76       | Age 78      |
| <b>2</b> Spouse A / age 67 / \$3,000/mo at FRA<br>Spouse B / age 63 / \$750/mo at FRA   | Age 76       | Age 79      |
| <b>3</b> Spouse A / age 66 / \$2,500/mo at FRA<br>Spouse B / age 66 / \$2,500/mo at FRA | Age 79       | Age 80      |

Longevity A: age 85, B: age 90, 2% COLA, BlackRock Social Security Benefits Estimator

*These scenarios are hypothetical examples only. Your results will vary.*

# Survivor Benefits

## Survivor Benefits – Rules for Widows and Widowers

- Decedent **DID NOT** file for benefits and passed away before FRA  
Survivor gets decedent's FRA benefit (\*AFSA)
- Decedent **DID NOT** file for benefits and passed away after FRA  
Survivor gets decedent's FRA benefit as if filed on date of death (\*AFSA)
- Decedent **DID FILE** for benefits and passed away before FRA  
Survivor gets the larger of:  
Actual benefit of decedent or...  
82.5% of the decedent's FRA benefit (Widow's Limit)
- Decedent **DID FILE** for benefits and passed away after FRA  
Survivor gets the benefit amount the decedent was receiving at death (\*AFSA)

**\*Adjusted for Survivor's Age (AFSA)** - means the benefit will be reduced if the surviving spouse claims benefits prior to his/her own FRA. Refer to the Age-Based Reduction and Increases chart page 3.

## General Notes on Survivor Benefits:

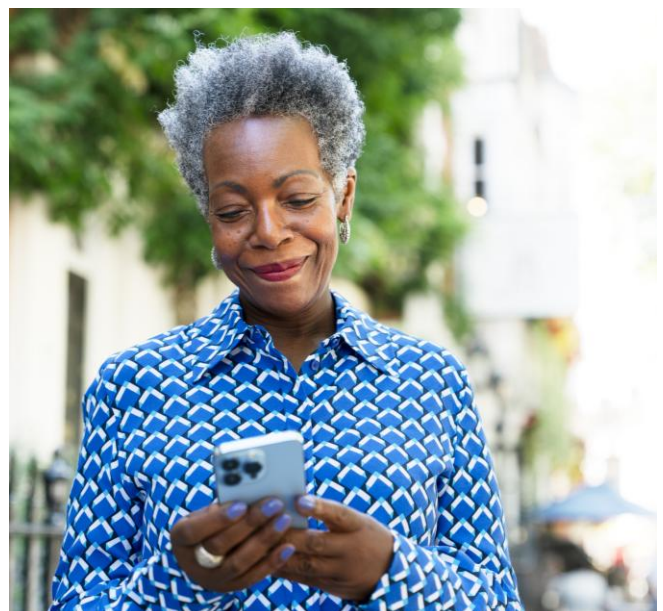
- Surviving spouses can switch from receiving a survivor benefit to his/her own individual retirement record (if advantageous). This allows the surviving spouse to let their own retirement benefit grow and receive delayed credits.
- Must have been married at least 9 months
- Can start as early as age 60
- [For more information](#) on survivor benefits

## Survivor Benefits From an Ex-Spouse Who Passed Away

If you:

- Are age 60 or older
- Were married for 10+ consecutive years to your ex-spouse
- Are unmarried or re-married after age 60

You **may** be eligible for survivor benefits on your deceased ex-spouse.



# Taxation & Earnings Test

## How much of your benefit will be subject to tax? (2 Steps)

### STEP 1: Calculate your Provisional Income (PI)

Start with Adjusted Gross Income (excludes foreign income)

+ 50% of your Social Security benefits being received

+ Non-taxable Interest

= **Provisional Income**

### What will increase Provisional Income?

#### WILL increase PI

- Pre-Tax Account Distributions
- Earnings / W2 Wages
- Capital Gains
- Pension payments

#### WILL NOT increase PI

- Roth IRA distributions
- Life Insurance Loans or Basis

### STEP 2: Based on PI, determine how much (if any) of your benefits are subject to federal income tax?

|                    | MFJ                 | SINGLE              |
|--------------------|---------------------|---------------------|
| <b>0% Taxable</b>  | < \$32,000          | < \$25,000          |
| <b>50% Taxable</b> | \$32,000 - \$44,000 | \$25,000 - \$34,000 |
| <b>85% Taxable</b> | > \$44,000          | > \$34,000          |

## Earnings Test – Impact when claiming benefits before FRA

| Age                                 | Earnings Limit | Benefit Withheld                                               |
|-------------------------------------|----------------|----------------------------------------------------------------|
| 62 - Jan 1 of the year reaching FRA | \$24,480       | \$1 for every \$2 over limit                                   |
| Year reaching FRA                   | \$65,160       | \$1 for every \$3 over limit<br>(for months leading up to FRA) |
| FRA and Beyond                      | No Limit       | N/A once FRA is achieved                                       |

### What Counts as “Earnings”?

*Note: Earnings test looks at gross income*

#### DOES Count

- Wages
- Net earnings from self employment

#### DOES NOT Count

- Pension Payments
- Annuity Payments
- IRA Distributions
- Dividends
- Interest Income
- Capital Gains

# Additional Benefits

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## Additional benefits that may be available

### 1. Social Security Disability Income (SSDI)

- An entitlement benefit that is included in the taxes paid into Social Security. You must have enough credits to qualify for SSDI.
- Eligibility is based on having a medical condition that meets the strict [definition of disability](#)
- In general, SSDI pays monthly benefits to people who are unable to work for a year (12 consecutive months) or more because of a disability. Generally, there is a 5-month waiting period and they will pay your 1st benefit in the 6th full month after the date they find your disability began.
- If someone is receiving SSDI benefits, upon reaching FRA, SSDI will automatically convert to a retirement benefit with the benefit amount staying the same.
- [Learn more about SSDI](#)

### 2. Child-In-Care Benefit Spousal Benefit

- Payable to a spouse of any age who is caring for their child who is either under the age of 16 or permanently disabled before age 22
- Maximum % of FRA benefit amount they're eligible for:
- 75% if due to death or 50% if retired or permanently disabled
- Other spouse must have filed for Retirement benefits
- Subject to the Family Maximum rules and the Earnings Test
- Will not be reduced no matter when the spouse claims the benefit
- Doesn't impact the claiming spouse's own retirement record

### 3. Benefits to Children

- Payable to a child who is either:
  - Under the age of 18 or,
  - Under age 19 if still in high school or,
  - Any age if permanently disabled before the age of 22
- Maximum % of FRA benefit amount they're eligible for:
  - 75% if due to death or 50% if retired or permanently disabled
  - Subject to the Family Maximum rules and the Earnings Test



# General Information

## H.R. 82 – Social Security Fairness Act (SSFA)

### WEP and GPO have been repealed

- Signed into law January 5, 2025
- Repeals the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO) provision, both of which can reduce Social Security benefits when someone receives a pension based on work that was not covered by Social Security.
- Retroactively applies to benefits payable for months after December 2023.
- [Learn More about H.R. 82](#)

## 2026 Numbers

|                                             |                                       |
|---------------------------------------------|---------------------------------------|
| Cost of Living Increase                     | 2.8%                                  |
| Employee Tax Rate                           | 7.65% (Employer pays the other 7.65%) |
| Self-Employed Tax Rate                      | 15.3%                                 |
| SS Max Taxable Earnings                     | \$184,500                             |
| Medicare Taxable Earnings                   | No Limit                              |
| Quarter of Coverage                         | \$1,891                               |
| Average Social Security Benefits Being Paid |                                       |
| All Retirees                                | \$2,017                               |
| Couples (both collecting)                   | \$3,208                               |
| Disabled Worker                             | \$1,630                               |



For more information call 800-772-1213 or visit [SSA.gov](https://www.ssa.gov)

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