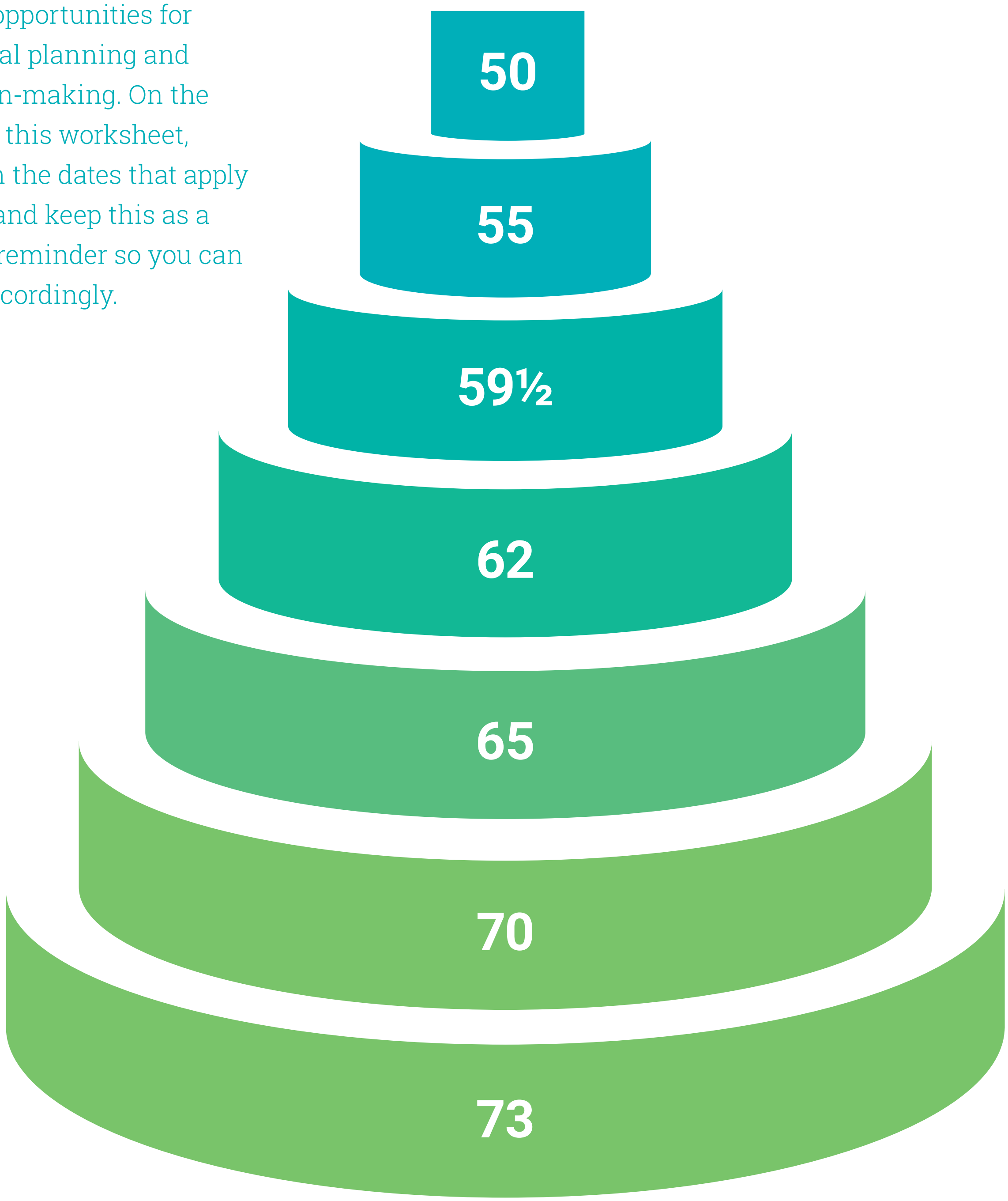
Happy Legislative Birthdays

Brighthouse FINANCIAL®
Build for what's ahead®

Some birthdays may offer prime opportunities for financial planning and decision-making. On the back of this worksheet, write in the dates that apply to you and keep this as a handy reminder so you can plan accordingly.



My Date	What to Remember
__/__/__	At age **50**, the IRS allows you to make catch-up contributions to your retirement accounts: 401(k) plans, 403(b) plans, 457(b) plans, traditional IRAs, SIMPLE 401(k) plans, and SIMPLE IRAs.[1]
__/__/__	Generally, if you are age **55** or older when you stop working, you can start taking distributions from your employer-sponsored 401(k) and not pay the 10% early withdrawal penalty that would otherwise apply until you are age 59½.[2]
__/__/__	At age **59½**, you can start taking distributions from eligible plans without the 10% additional tax on early distributions as long as you meet the plan requirements.[2]
__/__/__	At age **62**, you're eligible to begin receiving Social Security benefits, but your benefit will be reduced compared to if you wait to start. How much it's reduced depends on the year you were born. For instance, those born in 1960 or later would receive 70% of the full benefit at age 62.[3]
__/__/__	You have 7 months to enroll for Medicare, starting 3 months before your **65th** birthday.[4] But if you're already receiving Social Security benefits, you may be automatically enrolled.[5] Find out more at www.medicare.gov.
__/__/__	**70** is the maximum age for delaying Social Security.[6] Once you have reached age 70, you can collect the maximum benefit. If you're not ready to retire, you can still receive the benefits, but you'll pay Social Security and payroll taxes on your earned income.[7]
__/__/__	Generally, at age **73**, you must start taking required minimum distributions (RMDs) from your tax-deferred retirement accounts if you aren't already doing so. You must take your first RMD by April 1 of the year after you turn 73, and subsequent RMDs must be taken annually by December 31.[8]

Each of these birthdays triggers some financial considerations and requires careful planning, so be sure to speak with your tax and legal professionals as well as your financial professional. To read more about retirement, visit **brighthousefinancial.com.**

---

[1] Retirement topics - Catch-up contributions. IRS.gov, May 27, 2025.

[2] Retirement topics - Exceptions to tax on early distributions. IRS.gov, May 27, 2025.

[3] If you were born in 1960 or later, your full retirement age is 67. Social Security Administration, as of May 2025.

[4] When does Medicare coverage start? Medicare.gov, as of June 2025.

[5] When to sign up for Medicare. Social Security Administration, as of June 2025.

[6] Retirement Ready: Fact Sheet For Workers Ages 70 And Up. Social Security Administration, April 2025.

[7] How Working After Full Retirement Age Affects Social Security Benefits. Investopedia, November 22, 2024.

[8] Generally, a client must begin taking annual required minimum distributions (RMDs) from their individual retirement account (IRA) once they reach the RMD applicable age of 73. For those born after June 30, 1949 and before 1951, the RMD applicable age is 72. For those born in 1960 or later, the RMD applicable age is 75. Clients should seek advice from a qualified tax professional for complete details.

Brighthouse FINANCIAL® | Build for what's ahead®

Brighthouse Life Insurance Company
11225 North Community House Road
Charlotte, NC 28277
brighthousefinancial.com

Brighthouse Life Insurance Company of NY
285 Madison Avenue
New York, NY 10017