



HOLY SCHMIDT!® - 2026 SOCIAL SECURITY QUICK GUIDE

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AGE BASED INCREASES AND REDUCTIONS*			
AGE	% OF PRIMARY BENEFIT	% OF SPOUSAL BENEFIT	% OF SURVIVOR BENEFIT
60	-	-	71.50%
61	-	-	75.60%
62	70%	32.50%	79.60%
63	75%	35%	83.70%
64	80%	37.50%	87.80%
65	86.66%	41.66%	91.90%
66	93.33%	45.83%	95.90%
67*	100%	50%	100%
68	108%	50%	100%
69	116%	50%	100%
70	124%	50%	100%

* Assumes Full Retirement Age is Age 67

FULL RETIREMENT AGE	
BIRTH YEAR	FULL RETIREMENT AGE
1943-1954	Age 66
1955	Age 66 and 2 Months
1956	Age 66 and 4 Months
1957	Age 66 and 6 Months
1958	Age 66 and 8 Months
1959	Age 66 and 10 Months
1960 or later	Age 67

2026 - EARNINGS TEST		
YEAR	LIMIT	PENALTY
Non-FRA Year	\$24,480	\$1 for every \$2 over
FRA-Year	\$65,160	\$1 for every \$3 over
After FRA	N/A	None

PRIMARY INSURANCE AMOUNT	
AIME	AMOUNT
First \$1286	90%
From \$1286 to \$7749	32%
Over \$7749	15%

COST OF LIVING ADJUSTMENT*	
YEAR	ADJUSTMENT
2025	2.8%
2024	2.5%
2023	3.2%

* Increase adjustment happens in the subsequent year

WAGE CAP	
YEAR	AMOUNT
2026	\$184,500
2025	\$176,100

* Maximum earnings subject to Social Security tax

Other Important Information: Earnings Test, Wage Cap, Cost of Living Adjustment (COLA) and Primary Insurance Amount (PIA) calculation thresholds are adjusted annually. PIA uses Social Security "Bend Points," and represents the amount paid if the Primary Insured reaches Full Retirement Age before filing for Social Security.

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