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| **Maximum Retirement and Health Savings Account Contributions by Type,** **Tax Year 2019 and 2020** |
| **Type of account** | **2019** | **2020** |
| 401(k) employee contribution | $19,000 | $19,500 |
| 401(k) catch-up contribution | $6,000 | $6,500 |
| 401(k) employer contribution | $37,000 | $37,500 |
|   |   |   |
| IRA – traditional and Roth | $6,000 | $6,000 |
| IRA – traditional and Roth, catch-up contribution | $1,000 | $1,000 |
|   |   |   |
| Health savings account (HSA), self-only | $3,500 | $3,550 |
| Health savings account (HSA), family | $7,000 | $7,100 |
|   |   |   |
| SEP IRA employer contribution | $56,000 | $57,000 |
|   |   |   |
| Simple IRA employee contribution | $13,000 | $13,500 |
| Simple IRA employer contribution | $43,000 | $43,500 |
| Roth income limit (AGI) | $122,000 (Single), $193,000 (Joint) | $124,000 (Single), $196,000 (Joint) |