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CPAs and advisors

IRS Announces Pension Plan Limitations

The Internal Revenue Service just announced the cost of living adjustments (COLA) for tax year 2022. These adjustments affect various limits for retirement savings plans.

As a participant in the Plan, this is a good time for you to review your current contribution election. If you wish to make a change, please see your Plan Administrator for instructions on how to update your deferral election.

	2022	2021
401(k) and 403(b) Elective Deferral Limit	20,500	19,500
401(k) and 403(b) Catch-Up Contributions Limit	6,500	6,500

- Catch up contributions are applicable to participants who are age 50 or older by the end of the calendar year.
- The limits above represent the total amount an individual can contribute on a calendar year basis. If you participate in more than one plan, the sum of contributions between all plans may not exceed the above limitations.

Please reference our [COLA updates](#) chart on our website for a full listing of updates.

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