TIAA Wealth Management

2026 quick tax reference guide

2026 federal income tax brackets[1]

TAXABLE INCOME

Over	But not over	Tax+	% on excess	Of the amount over
Unmarried individuals (other than surviving spouses* and heads of households)				
$0	$12,400	$0	10%	$0
$12,401	$50,400	$1,240	12%	$12,400
$50,401	$105,700	$5,800	22%	$50,400
$105,701	$201,775	$17,966	24%	$105,700
$201,776	$256,225	$41,024	32%	$201,775
$256,226	$640,600	$58,448	35%	$256,225
$640,601	∞	$192,979.25	37%	$640,600
Married filing jointly and surviving spouses*				
$0	$24,800	$0	10%	$0
$24,801	$100,800	$2,480	12%	$24,800
$100,801	$211,400	$11,600	22%	$100,800
$211,401	$403,550	$35,932	24%	$211,400
$403,551	$512,450	$82,048	32%	$403,550
$512,451	$768,700	$116,896	35%	$512,450
$768,701	∞	$206,583.50	37%	$768,700
Married filing separately				
$0	$12,400	$0	10%	$0
$12,401	$50,400	$1,240	12%	$12,400
$50,401	$105,700	$5,800	22%	$50,400
$105,701	$201,775	$17,996	24%	$105,700
$201,776	$256,225	$41,024	32%	$201,775
$256,226	$384,350	$58,448	35%	$256,225
$384,351	∞	$103,291.75	37%	$384,350

*Surviving spouses who don't remarry in the year their spouse dies can file jointly with the deceased spouse. For the two years following the year of death, the surviving spouse may be able to use the Qualifying Widow(er) filing status if they remain unmarried, have a dependent, and meet certain other requirements.

Source: IRS Revenue Procedure 2025-32.

TAXABLE INCOME

Over	But not over	Tax+	% on excess	Of the amount over
Head of household				
$0	$17,700	$0	10%	$0
$17,701	$67,450	$1,770	12%	$17,700
$67,451	$105,700	$7,740	22%	$67,450
$105,701	$201,750	$16,155	24%	$105,700
$201,751	$256,200	$39,207	32%	$201,750
$256,201	$640,600	$56,631	35%	$256,200
$640,600	∞	$191,171	37%	$640,600
Trusts and estates				
$0	$3,300	$0	10%	$0
$3,301	$11,700	$330	24%	$3,300
$11,701	$16,000	$2,346	35%	$11,700
$16,001	∞	$3,851	37%	$16,000

Standard deductions[2]	
Unmarried individuals (other than surviving spouses* and heads of households)	$16,100
Married filing jointly and surviving spouses*	$32,200
Married filing separately	$16,100
Head of household	$24,150
Aged or blind (additional standard deduction amount)	MFJ: $1,650 Single: $2,050
Kiddie tax: unearned income**	$1,350

**The amount of unearned income a child under the age of 18 and full-time students under the age of 24 can receive without filing an income tax return.

Temporary senior deduction[3]		
2025 through 2028	Age 65 and older	$6,000

Source: One Big Beautiful Bill Act (OBBBA) Pub. L 119-21.

Long-term capital gains & qualified dividend rates based on taxable income*

Long-term capital gains tax rate	Single	Married filing jointly	Head of household	Married filing separately	Estates and trusts
0%	$0 to $49,450	$0 to $98,900	$0 to $66,200	$0 to $49,450	$0 to $3,300
15%	$49,451 to $545,500	$98,901 to $613,700	$66,201 to $579,600	$49,451 to $306,850	$3,301 to $16,250
20%	$545,501 or more	$613,701 or more	$579,601 or more	$306,851 or more	$16,251 or more

*Taxable income may include income from various sources, including capital gains incurred during the tax year. Clients should consult with their tax professionals regarding their specific circumstances.

Source: IRS Revenue Procedure 2025-32; IRS Tax Topic 409.

Other long-term gains rates	
Gains on collectibles	Maximum 28%
Unrecaptured 1250 depreciation	Maximum 25%

Net Investment Income Tax

Individual taxpayers are liable for a 3.8% Net Investment Income Tax (NIIT) on the lesser of their net investment income, or the amount by which their modified adjusted gross income (MAGI) exceeds the statutory threshold amount based on their filing status. Net investment income includes, but is not limited to, interest, dividends, capital gains, certain annuities, and rental and royalty income (unless derived in a trade or business in which the NIIT doesn't apply).

Married filing jointly	MAGI above $250,000
Married filing separately	MAGI above $125,000
Qualifying widow(er) with dependent child	MAGI above $250,000
Estates and trusts with undistributed net investment income	MAGI above $16,000
All other filers	MAGI above $200,000

Estate and gift tax[4]

Estate and gift tax rate	40%
Estate tax exemption	$15,000,000
Lifetime gift exemption	$15,000,000
GST exemption	$15,000,000
Gift tax annual exclusion	$19,000
Annual exclusion for gifts to non-citizen spouse	$194,000

Source: IRS Revenue Procedure 2025-32.

Health Savings Accounts

Contribution limits	
Single/family	$4,400/$8,750
Age 55+ catch-up	$1,000
High-deductible health plans	
Minimum deductible single/family	$1,700/$3,400
Maximum out-of-pocket single/family	$8,500/$17,000

Source: IRS Revenue Procedure 2025-19.

Child tax credit

Credit	Maximum credit	Income phaseouts begin at AGI of
Child tax credit	$2,200 per qualifying child*	$400,000—married, filing jointly $200,000—all other filers

*Refundable up to $1,700 per child.

Source: The One Big Beautiful Bill Act (OBBBA) | Pub. L. 119-21.

Alternative Minimum Tax (AMT)

	Unmarried (other than filing jointly surviving spouse)	Married (other than filing jointly surviving spouse)	Married filing separately	Estates and trusts
AMT exemption amount	$90,100	$140,200	$70,100	$31,400
28% bracket threshold	$244,500	$244,500	$122,250	$244,500
Exemption phaseout threshold	$500,000/$680,200	$1,000,000/$1,280,400	$500,000/$640,200	$104,800/$167,600

Source: IRA Revenue Procedure 2025-32.

Social Security

Taxable wage base	
Social Security (OASDI)	$184,500
Medicare (HI only)	No limit

Retirement earning test	
Under full retirement age	$24,480/yr $2,040/mo

Note: One dollar in benefits will be withheld for every $2 in earnings above the limit.

Retirement earning test	
Year reaching full retirement age	$65,160/yr $5,430/mo

Note: Applies only to earnings for months prior to attaining full retirement age. One dollar in benefits will be withheld for every $3 in earnings above the limit.

Taxability of benefits (based on provisional income and filing status)		
	Individual	**Married filing jointly**
Not taxable	<$25,000	<$32,000
Up to 50% taxable	$25,000–$34,000	$32,000–$44,000
Up to 85% taxable	>$34,000	>$44,000

Married filing separately
Up to 85% of benefits are taxable
Provisional income = adjusted gross income + nontaxable income + ½ Social Security benefits

Age to receive full benefits		
Year of birth	**Full retirement age**	**% reduced at age 62**
1943–1954	66	25%
1955	66 & 2 months	25.83%
1956	66 & 4 months	26.67%
1957	66 & 6 months	27.50%
1958	66 & 8 months	28.33%
1959	66 & 10 months	29.17%
1960 and later	67	30%

Delayed retirement credit*	
Year of birth	**Year rate of increase**
1943 or later	8%

*Delayed retirement credits are earned for each month during the period beginning with the month you attain full retirement age and ending when you start receiving benefits or reach age 70.

Source: Social Security Administration website: **SSA.gov**.

2026 Medicare—Part B and Part D costs

If your MAGI as reported on your IRS return from two years ago is above a certain amount, your Medicare Part B and Part D premiums may be subject to an Income Related Monthly Adjustment Amount (IRMAA). IRMAA is an extra charge added to your premium.

If your yearly income in 2024 (for what you pay in 2026) was:

File individual tax return	File joint tax return	File married & separate tax return	Part B monthly premium cost	Part D monthly premium cost
$109,000 or less	$218,000 or less	$109,000 or less	$202.90	Your plan premium
Above $109,000 up to $137,000	Above $218,000 up to $274,000	Not applicable	$284.10	$14.50 + your plan premium
Above $137,000	Above $274,000 up to $342,000	Not applicable	$405.80	$37.50 + your plan premium
Above $171,000 up to $205,000	Above $342,000 up to $410,000	Not applicable	$527.50	$60.40 + your plan premium
Above $205,000 and less than $500,000	Above $410,000 and less than $750,000	Above 109,000 and less than $391,000	$649.20	$83.30 + your plan premium
$500,000 or above	$750,000 and above	$391,000 and above	$689.90	$91.00 + your plan premium

Source: The Official U.S. Government Site for Medicare.

Website: **medicare.gov**.

Retirement plan contribution and benefit limits

IRA contribution limit 50+ catch-up	$7,500 $1,100
401(k), 403(b), and 457(b) elective deferral limit* Catch-up limit ages 50–59 or 64+	$24,500 $8,000
Catch-up limit ages 60–63	$11,250
SEP IRA contribution limit lesser of 25% of compensation (to a maximum of $350,000), or:	$72,000
SIMPLE elective deferral limit 50+ catch-up	$17,000 $4,000
Defined contribution limit–415(c)(1)(A)	$72,000
Compensation limit—401(a)(17)	$360,000
Defined benefit limit—415(b)(1)(A)	$290,000
Highly compensated employee—414(q)(1)(B)	$160,000
Key employee in a top-heavy plan—416(i)(1)(A)(i)	$235,000

*Special catch-up rules apply to certain 403(b) contributors with 15 or more years of service and governmental 457(b) participants in the last three years before retirement.

Traditional IRAs—deductibility phaseout (based on MAGI)

Active participant in an employer plan	
Married filing jointly	$129,000–$149,000
Married filing separately	$0–$10,000
Single or head of household	$81,000–$91,000
Nonparticipant married to a participant	$242,000–$252,000
Neither spouse a participant	Fully deductible

Roth IRAs—income phaseout for contributions (based on MAGI)

Married filing jointly	$242,000–252,000
Married filing separately	$0–$10,000
Single or head of household	$153,000–168,000

Source: IRS Notice 2025-67.

Uniform lifetime table for most taxpayers to compute lifetime required distributions

Age	Applicable divisor	Percentage	Age	Applicable divisor	Percentage
73	26.5	3.77%	97	7.8	12.82%
74	25.5	3.92%	98	7.3	13.70%
75	24.6	4.07%	99	6.8	14.71%
76	23.7	4.22%	100	6.4	15.63%
77	22.9	4.37%	101	6.0	16.67%
78	22.0	4.55%	102	5.6	17.86%
79	21.1	4.74%	103	5.2	19.23%
80	20.2	4.95%	104	4.9	20.41%
81	19.4	5.15%	105	4.6	21.74%
82	18.5	5.41%	106	4.3	23.26%
83	17.7	5.65%	107	4.1	24.39%
84	16.8	5.95%	108	3.9	25.64%
85	16.0	6.25%	109	3.7	27.03%
86	15.2	6.58%	110	3.5	28.57%
87	14.4	6.94%	111	3.4	29.41%
88	13.7	7.30%	112	3.3	30.30%
89	12.9	7.75%	113	3.1	32.26%
90	12.2	8.20%	114	3.0	33.33%
91	11.5	8.70%	115	2.9	34.48%
92	10.8	9.26%	116	2.8	35.71%
93	10.1	9.90%	117	2.7	37.04%
94	9.5	10.53%	118	2.5	40.00%
95	8.9	11.24%	119	2.3	43.48%
96	8.4	11.90%	120+	2.0	50.00%

Source: Federal Register/Vol. 85, No. 219, Nov. 12, 2020 (TD 9930).

[1] Tax brackets: On Jul. 4, 2025, the One Big Beautiful Bill Act (OBBBA) made permanent the tax brackets for tax years beginning after 2025.

[2] Standard deductions: On Jul. 4, 2025, the OBBBA enhanced and made permanent the increased standard deduction.

[3] Temporary senior deduction: On Jul. 4, 2025, the OBBBA added a temporary senior deduction for tax years 2025–2028. Qualified individuals are allowed an additional $6,000 deduction. Qualified individual means a taxpayer who has attained age 65 before the close of the tax year (and in the case of a joint return, the taxpayer's spouse, if such spouse has attached age 65). The senior deduction begins to phase out when the taxpayer's modified AGI exceeds $75,000 ($150,000 for a joint return). The temporary senior deduction is reduced (but not below zero) by 6% of the modified AGI in excess of the applicable threshold amount.

[4] Estate and gift tax applicable exclusion: Effective in 2026, the OBBBA increased the lifetime estate and gift tax exemption to $15,000,000 (indexed to inflation for future years).

TIAA 2026 quick tax reference guide is a summary in nature and is current and accurate as of 12/31/2025. Users of this guide are advised to refer to the complete legislation or other applicable materials to ensure accuracy and comprehensive coverage of the material. Further, changes to legislation or administration actions that become effective after this date may make the information provided in this guide no longer current.

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