



ALIGHT SOLUTIONS

## 2020 401(k) annual contribution and catch-up limits

	2020	2019
<b>Individual 401(k) contribution limit</b> Applies to worker pre-tax and Roth contributions	\$ 19,500	\$ 19,000
<b>Total 401(k) contribution limit</b> Includes employer contributions and employee pre-tax, Roth and after-tax contributions	\$ 57,000	\$ 56,000
<b>401(k) catch-up contribution limit</b> Additional contribution that can be made by workers age 50+	\$ 6,500	\$ 6,000

### Did you know?

**8%**

of 401(k) participants contribute the maximum amount

**13%**

of 401(k) participants make catch-up contributions

Source: Alight Solutions 2019 record keeping data.

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