



## 2022 401(k) annual contribution and catch-up limits

	2022	2021
<b>Individual 401(k) contribution limit</b> Applies to worker pre-tax and Roth contributions	\$ 20,500	\$ 19,500
<b>Total 401(k) contribution limit</b> Includes employer contributions and employee pre-tax, Roth and after-tax contributions	\$ 61,000	\$ 58,000
<b>401(k) catch-up contribution limit</b> Additional contribution that can be made by workers age 50+	\$ 6,500	\$ 6,500

### Did you know?

10%

of 401(k) participants contribute the maximum amount

14%

of 401(k) participants elect to make catch-up contributions