

Sample article for organizations to use to reach customers (406 word count)

Customize and provide the following article in your communication vehicles for your audience.

Learn more about saving for retirement when you belong to multiple retirement plans

The most you can contribute from your wages to retirement plans each calendar year is your individual contribution limit. Although your limit is affected by the plan terms, it generally doesn't depend on how many plans you participate in or on the type of employer who is sponsoring those plans.

If you [exceed your individual contribution limit](#) and the excess isn't returned by April 15 (sooner for a 457(b) plan) of the next year, you could be subject to double taxation:

- once in the year you deferred your salary, and
- again when you receive a distribution.

Limits

- [General limit for 2016](#) — You may contribute a total of \$18,000 in pre-tax or designated Roth contributions to all your plans (not counting [457\(b\) plans](#)).
- [Age-50 catch-up contributions](#) — If you are age 50 or older by the end of 2016, you may be able contribute an additional \$6,000 in total to your 401(k), 403(b) or governmental 457(b) plan.
- [403\(b\) plans' 15-year catch-up contribution](#) — If you have at least 15 years of service with your employer, you may be able to contribute up to an additional \$3,000 to your 403(b) plan.
- [457\(b\) plans' separate contribution limit](#) — A separate individual contribution level for 457(b) plans and additional catch-up amounts depend on whether the plan sponsor is a state or local government, or some other tax-exempt organization.

Check your plan documents for the amount you can contribute to the plan, and make sure you don't exceed your limit.

Date: May 1, 2016

NOTE TO EDITOR: Below are links to helpful retirement information on [IRS.gov](#).

- [Types of Retirement Plans](#) – Information on different types of retirement plans, including the amount and types of contributions that you can make to the plans.
- [Saving For Retirement](#) – Information on participating in a retirement plan, including how to join and contribute to the plan.
- [Retirement Topics - Contributions](#) – Explanation of the different types of contributions employees can make to their retirement plan.
- [Retirement Plans Frequently Asked Questions](#) – Answers to commonly asked questions on a variety of retirement plan topics.

On Twitter? Send these Tweets:

- Find out about your type of #retirement plan <http://go.usa.gov/ctpzQ> #IRS
- Learn about different types of contributions you can make to #retirement plans <http://go.usa.gov/ctpze> #IRS