

---

## Milestone Retirement Policy Ages (U.S.)

---

By No Author     *Thu, Dec 6, 2018*

---

Milestone Retirement Policy Ages (U.S.)	
50.0	Catch-up contributions to traditional IRA/401(k) begin
55.0	Penalty-free withdrawals from IRA/401(k) begin if separated from service
59.5	Penalty-free withdrawals from IRA/401(k) begin
60.0	Minimum Social Security survivor benefits begin
62.0	Minimum Social Security retirement benefits begin
67.0	Full Retirement Age for Social Security (if born after 1960)
70.0	Maximum Social Security benefit
70.5	Required minimum distributions from traditional IRA/401(k) begin
85.0	Income from Qualified Longevity Annuity Contract must begin

Source: Moshe Milevsky, Ph.D., Dec. 4, 2018.