

Individual Retirement Accounts Required Minimum Distributions (RMDs) for IRA Owners



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Required Minimum Distributions (RMDs)	
IRAs including SEP, SIMPLE and SARSEP IRAs	Defined Contribution Plans (e.g. 401(k), profit-sharing, and 403(b) plans)
When do I take my first RMD (the required beginning date)?	
April 1 of the year following the year in which you turn 73, regardless of whether you are still employed. See <i>Example #1</i> , below.	April 1 of the year following the later of the year you turn 73 or the year you retire (if allowed by your plan). A 5% owner must start RMDs by April 1 of the year following the year you turn 73.
What is the deadline for taking subsequent RMDs after the first RMD?	
After the first RMD, take subsequent RMDs by December 31 of each year beginning with the calendar year containing your required beginning date. See <i>Example #2</i> , later.	Same as IRA rule.
How do I calculate my RMD?	
Your RMD is generally determined by dividing the adjusted market value of your IRAs as of December 31 of the preceding year by the distribution period that corresponds with your age in the Uniform Lifetime Table. See <i>Example #3</i> and <i>Example #4</i> , later. If your spouse is your sole beneficiary and is more than 10 years younger than you, use the Joint Life and Last Survivor Expectancy Table.	Same as IRA rule. Your plan sponsor/administrator should calculate the RMD for you.

Example #1: Your 73rd birthday is June 30, 2025. You must take your first RMD (for 2025) by April 1, 2026.

Required Minimum Distributions (RMDs) continued	
IRAs including SEP, SIMPLE and SARSEP IRAs	Defined Contribution Plans
How should I take my RMDs if I have multiple accounts?	
If you have more than one IRA, calculate the RMD for each IRA separately each year. However, you may aggregate your RMD amounts for all of your IRAs and withdraw the total from one IRA or a portion from each of your IRAs. You do not have to take a separate RMD from each IRA.	If you have more than one defined contribution plan, calculate and satisfy your RMDs separately for each plan and withdraw that amount from that plan. Exception: If you have more than one 403(b) tax-sheltered annuity account, total the RMDs and then take them from any one (or more) of the tax-sheltered annuities.
May I withdraw more than the RMD?	
Yes, an IRA owner can always withdraw more than the RMD. You cannot apply excess withdrawals toward future years' RMDs.	Same as IRA rule.
May I take more than one withdrawal in a year to meet my RMD?	
You may withdraw your annual RMD in any number of distributions throughout the year, as long as you withdraw the total annual minimum amount by December 31 (or April 1 if it is for your first RMD).	Same as IRA rule.
What happens if I do not take the RMD?	
The penalty for taking less than the RMD is 25% of the amount of RMD not distributed. 25% is reduced to 10% if you correct the shortfall within the correction period.	Same as IRA rule.

Example #2: You turn 73 on July 15, 2025. You must take your first RMD, for 2025, by April 1, 2026. You must take your second RMD, for 2026, by December 31, 2026 and your third RMD, for 2027, by December 31, 2027.



Individual Retirement Accounts Required Minimum Distributions (RMDs) for IRA Owners

Uniform Lifetime Table

Use for unmarried participants, married participants whose spouses are not more than 10 years younger, and married participants whose spouses are not the sole beneficiaries of their IRAs. Use actual age of participant on his or her birthday for each year.

Age	Distribution Period	Age	Distribution Period	Age	Distribution Period
72	27.4	80	20.2	88	13.7
73	26.5	81	19.4	89	12.9
74	25.5	82	18.5	90	12.2
75	24.6	83	17.7	91	11.5
76	23.7	84	16.8	92	10.8
77	22.9	85	16.0	93	10.1
78	22.0	86	15.2	94	9.5
79	21.1	87	14.4	95	8.9

For ages not listed in this table, see IRS Pub. 590-B for the complete table.

Example #3: You turn 78 on August 1, 2025. Your IRA adjusted market value was \$440,000 on December 31, 2024. Your distribution period is 22.0 for 2025. Your RMD for 2025 is \$20,000 (\$440,000/22.0).

Example #4: You turn 78 on September 15, 2025, and your spouse turns 49 on June 10, 2025. The adjusted value of your IRA on December 31, 2024 is \$375,000. Your distribution period is 37.5. Your RMD is \$10,000 (\$375,000/37.5).

Joint Life and Last Survivor Expectancy Table

Use for participants whose spouses are more than 10 years younger and are the sole beneficiaries of their IRAs. Use actual age of participant and spouse on their birthdays for each year.

Age	40	41	42	43	44	45	46	47	48	49
72	46.0	45.1	44.2	43.2	42.3	41.4	40.5	39.6	38.7	37.8
73	46.0	45.1	44.1	43.2	42.3	41.4	40.4	39.5	38.6	37.7
74	46.0	45.0	44.1	43.2	42.2	41.3	40.4	39.5	38.6	37.7
75	45.9	45.0	44.1	43.1	42.2	41.3	40.3	39.4	38.5	37.6
76	45.9	45.0	44.0	43.1	42.2	41.2	40.3	39.4	38.5	37.5
77	45.9	45.0	44.0	43.1	42.1	41.2	40.3	39.3	38.4	37.5
78	45.9	44.9	44.0	43.0	42.1	41.2	40.2	39.3	38.4	37.5
79	45.9	44.9	44.0	43.0	42.1	41.1	40.2	39.3	38.3	37.4
80	45.9	44.9	43.9	43.0	42.1	41.1	40.2	39.2	38.3	37.4
Age	50	51	52	53	54	55	56	57	58	59
72	36.9	36.0	35.2	34.3	33.5	32.7	31.9	31.1	30.3	29.5
73	36.8	36.0	35.1	34.2	33.4	32.6	31.7	30.9	30.1	29.4
74	36.8	35.9	35.0	34.1	33.3	32.4	31.6	30.8	30.0	29.2
75	36.7	35.8	34.9	34.1	33.2	32.4	31.5	30.7	29.9	29.1

continued

Joint Life and Last Survivor Expectancy Table continued

Age	50	51	52	53	54	55	56	57	58	59
76	36.6	35.7	34.9	34.0	33.1	32.3	31.4	30.6	29.8	29.0
77	36.6	35.7	34.8	33.9	33.0	32.2	31.3	30.5	29.7	28.8
78	36.5	35.6	34.7	33.9	33.0	32.1	31.2	30.4	29.6	28.7
79	36.5	35.6	34.7	33.8	32.9	32.0	31.2	30.3	29.5	28.7
80	36.5	35.5	34.6	33.7	32.9	32.0	31.1	30.3	29.4	28.6
81	36.4	35.5	34.6	33.7	32.8	31.9	31.1	30.2	29.3	28.5
82	36.4	35.5	34.6	33.7	32.8	31.9	31.0	30.1	29.3	28.4
83	36.4	35.4	34.5	33.6	32.7	31.8	31.0	30.1	29.2	28.4
84	36.3	35.4	34.5	33.6	32.7	31.8	30.9	30.0	29.2	28.3
85	36.3	35.4	34.5	33.6	32.7	31.8	30.9	30.0	29.1	28.3
Age	60	61	62	63	64	65	66	67	68	69
72	28.8	28.1	27.4	26.7	26.0	25.4	24.8	24.2	23.6	23.1
73	28.6	27.9	27.2	26.5	25.8	25.1	24.5	23.9	23.3	22.7
74	28.4	27.7	27.0	26.2	25.5	24.9	24.2	23.6	23.0	22.4
75	28.3	27.5	26.8	26.1	25.3	24.6	24.0	23.3	22.7	22.1
76	28.2	27.4	26.6	25.9	25.2	24.4	23.7	23.1	22.4	21.8
77	28.0	27.3	26.5	25.7	25.0	24.3	23.5	22.9	22.2	21.5
78	27.9	27.1	26.4	25.6	24.8	24.1	23.4	22.7	22.0	21.3
79	27.8	27.0	26.2	25.5	24.7	23.9	23.2	22.5	21.8	21.1
80	27.8	26.9	26.1	25.3	24.6	23.8	23.1	22.3	21.6	20.9
81	27.7	26.9	26.0	25.2	24.5	23.7	22.9	22.2	21.5	20.7
82	27.6	26.8	26.0	25.2	24.4	23.6	22.8	22.1	21.3	20.6
83	27.5	26.7	25.9	25.1	24.3	23.5	22.7	22.0	21.2	20.5
84	27.5	26.7	25.8	25.0	24.2	23.4	22.6	21.9	21.1	20.4
85	27.4	26.6	25.8	25.0	24.1	23.3	22.6	21.8	21.0	20.3
Age	70	71	72	73	74	75	For age combinations not listed in this table, see IRS Pub. 590-B for the complete tables.			
80	20.2	19.6	18.9	18.3	17.7	17.1				
81	20.0	19.4	18.7	18.1	17.4	16.9				
82	19.9	19.2	18.5	17.9	17.2	16.6				
83	19.7	19.0	18.3	17.7	17.0	16.4				
84	19.6	18.9	18.2	17.5	16.8	16.2				
85	19.5	18.8	18.1	17.4	16.7	16.0				

Contact Us

There are many events that occur during the year that can affect your tax situation. Preparation of your tax return involves summarizing transactions and events that occurred during the prior year. In most situations, treatment is firmly established at the time the transaction occurs. However, negative tax effects can be avoided by proper planning. Please contact us in advance if you have questions about the tax effects of a transaction or event, including the following:

- Pension or IRA distributions.
- Significant change in income or deductions.
- Job change.
- Marriage.
- Attainment of age 59½ or 73.
- Sale or purchase of a business.
- Sale or purchase of a residence or other real estate.
- Retirement.
- Notice from IRS or other revenue department.
- Divorce or separation.
- Self-employment.
- Charitable contributions of property in excess of \$5,000.

This brochure contains general information for taxpayers and should not be relied upon as the only source of authority. Taxpayers should seek professional tax advice for more information.

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