



ALIGHT SOLUTIONS

2021 401(k) annual contribution and catch-up limits

	2021	2020
Individual 401(k) contribution limit Applies to worker pre-tax and Roth contributions	\$ 19,500	\$ 19,500
Total 401(k) contribution limit Includes employer contributions and employee pre-tax, Roth and after-tax contributions	\$ 58,000	\$ 57,000
401(k) catch-up contribution limit Additional contribution that can be made by workers age 50+	\$ 6,500	\$ 6,500

Did you know?

9%

of 401(k) participants contribute the maximum amount

13%

of 401(k) participants make catch-up contributions

Source: Alight Solutions 2020 record keeping data.

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