



Required Minimum Distribution Information

Required minimum distributions (RMDs) are the minimum amounts you must withdraw from your retirement accounts each year. You generally must start taking withdrawals from your traditional IRA, SEP IRA, SIMPLE IRA, and retirement plan accounts when you reach age 72 (73 if you reach age 72 after Dec. 31, 2022). Below you will find examples of age reached and when minimum distributions must begin.

BEGINNING DATE FOR YOUR FIRST REQUIRED MINIMUM DISTRIBUTION

Age 70 ½

- For Births on June 30, 1949, or Earlier

Age 72

- For Births on July 1, 1949, through and including December 31, 1950

Age 73

- For Births on January 1, 1951, through and including December 31, 1959

RMD AGE DATES

Required Beginning Date Prior to December 31, 2019

April 1st of the following year when a participant reaches age 70½.

Example: Participant is retired and their 70th birthday was June 30, 2018. Participant reached age 70½ on December 30, 2018. They must take their first RMD (for 2018) by April 1, 2019. Subsequent RMD ages will be determined by December 31st on an annual basis as indicated below.

Required Beginning Date Effective January 1, 2020

April 1st of the following year after the participant reaches age 72.

Example: Participant reached age 72 on July 1, 2021. They must take their first RMD (for 2021) by April 1, 2022.

Required Beginning Date Effective January 1, 2023

April 1st of the following year after the participant reaches age 73.

Example: Participant reached age 73 on January 1, 2024. They must take their first RMD (for 2024) by April 1, 2025.

If you have any further questions about Required Minimum Distribution, you may contact our Customer Service Department at 1-800-424-9608, Monday through Friday from 7 A.M. ET to 7 P.M. ET, or visit <https://www.irs.gov/retirement-plans/retirement-plan-and-ira-required-minimum-distributions-faqs> for more details.

99 M Street SE, Suite 600, Washington, DC 20003-4595

www.iambtf.org 1-800-457-3481