

SEP IRA vs SIMPLE IRA vs 401(k) Comparison

| | SEP IRA | Simple IRA | 401(k) |
|--|---|---|--|
| Eligible Employers | Any: self-employed individual business owners | Businesses with 100 or fewer employees who earned \$5,000 or more, and who do not currently maintain any other retirement plan | Generally, any business may establish a 401(k) |
| Key Advantages | Easy to set up and maintain Flexible annual funding requirements | Salary deferral plan with less administration than a 401(k) plan | Salary deferral plan with: Higher contribution limits Profit sharing Roth accounts Loans Deferred vesting available |
| Funding Responsibility | Employer contributions only | Salary deferralEmployer contributions | Salary deferral Employer contributions, if elected under the plan Employer profit sharing |
| Catch-up Contributions | None | \$3,000 for ages 50 or older | \$6,500 for ages 50 or older |
| Contribution Flexibility | Contributions are discretionary | Employer contributions are mandatory | Employer matching contributions, if allowed by the plan, are mandatory Profit sharing contributions are discretionary |
| Roth Accounts | No | No | Yes |
| Vesting | Contributions are immediately 100% vested | Contributions are immediately 100% vested | Employee salary deferrals are immediately 100% vested |
| Age Restriction | May exclude employees under age 21 | None | May exclude employees under age 21 |
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|---|--|---|---|
| Loans | No | No | Yes |
| IRS Reporting by Employer | None | None | Form 5500 |
| Establishment Deadlines | Employer's tax filing deadline, including extensions | October 1 of the year in which the plan is being established | Employer's tax filing deadline, including extensions |
| Employer-paid Fees | None | None | Custom |
| Maximum Annual Employee Contribution | \$0 | The lesser of: \$14,000 for 2022 or, 100% of compensation (plus \$3,000 catch up for age 50 or older) | The lesser of: \$20,500 for 2022 or, 100% of compensation (plus \$6,500 catch-up for age 50 or older) |
| Maximum Annual Employer Contribution | The lesser of: \$61,000 for 2022 or 25% of annual compensation (25% of self-employed income) | Either: Match employee contributions dollar for dollar up to 3% of compensation (not limited by annual compensation limit) Can be reduced to as low as 1% in any 2 out of 5 years or, Contribute 2% of each eligible employee's compensation, up to \$305,000 for 2022 | May be set by plan Overall maximum contribution (from all sources) is 100% of compensation (not to exceed \$61,000 for 2022 (plus \$6,500 catch- up) |