



Social Security Benefits and Services Seminar

Minnesota State Retirement System



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Your most-needed services, online

With a secure *my* Social Security account, you can get services and manage your benefits — anywhere, anytime.

[Sign in or create an account](#)



Get a benefits estimate

Sign in to calculate your benefits estimate.

Apply for benefits

Apply for Retirement, Disability, or other benefits online.

Check your status

See where you are in your application or appeal process.

Replace your card

Find the best way to replace your card.

Life events



Age milestones

Approaching age 65 (Medicare eligibility)

Approaching Retirement

Becoming an adult



Health changes

Disability, injury, or illness

Staying at a medical facility

Need help managing money



Legal status changes

Naturalization

Change in immigration status

Incarceration



Personal information changes

Name change

Contact information change

Communication preferences



What is FICA?

- Stands for Federal Insurance Contributions Act
 - May show on paycheck as OASDI or Social Security
- Federal payroll tax deducted from workers' paychecks, matched by employer, and reported by employer to IRS
- Total FICA tax = 15.3% of gross wages. You and your employer each pay 7.65%
 - 6.2% for Social Security (2026 taxable maximum amount \$184,500)
 - 1.45% for Medicare (No taxable maximum applies)
- FICA taxes help fund Social Security retirement, disability, survivor benefits and Medicare health insurance

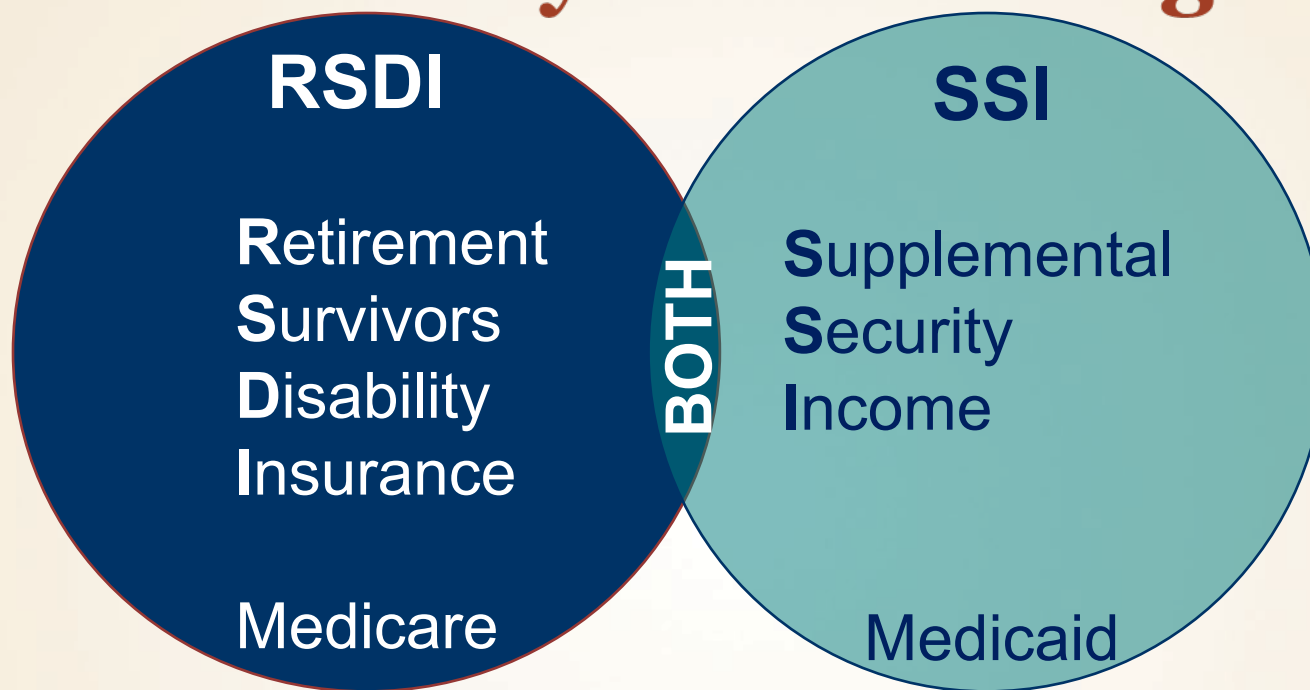


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[SocialSecurity.gov](https://www.SocialSecurity.gov)



Social Security Benefit Programs



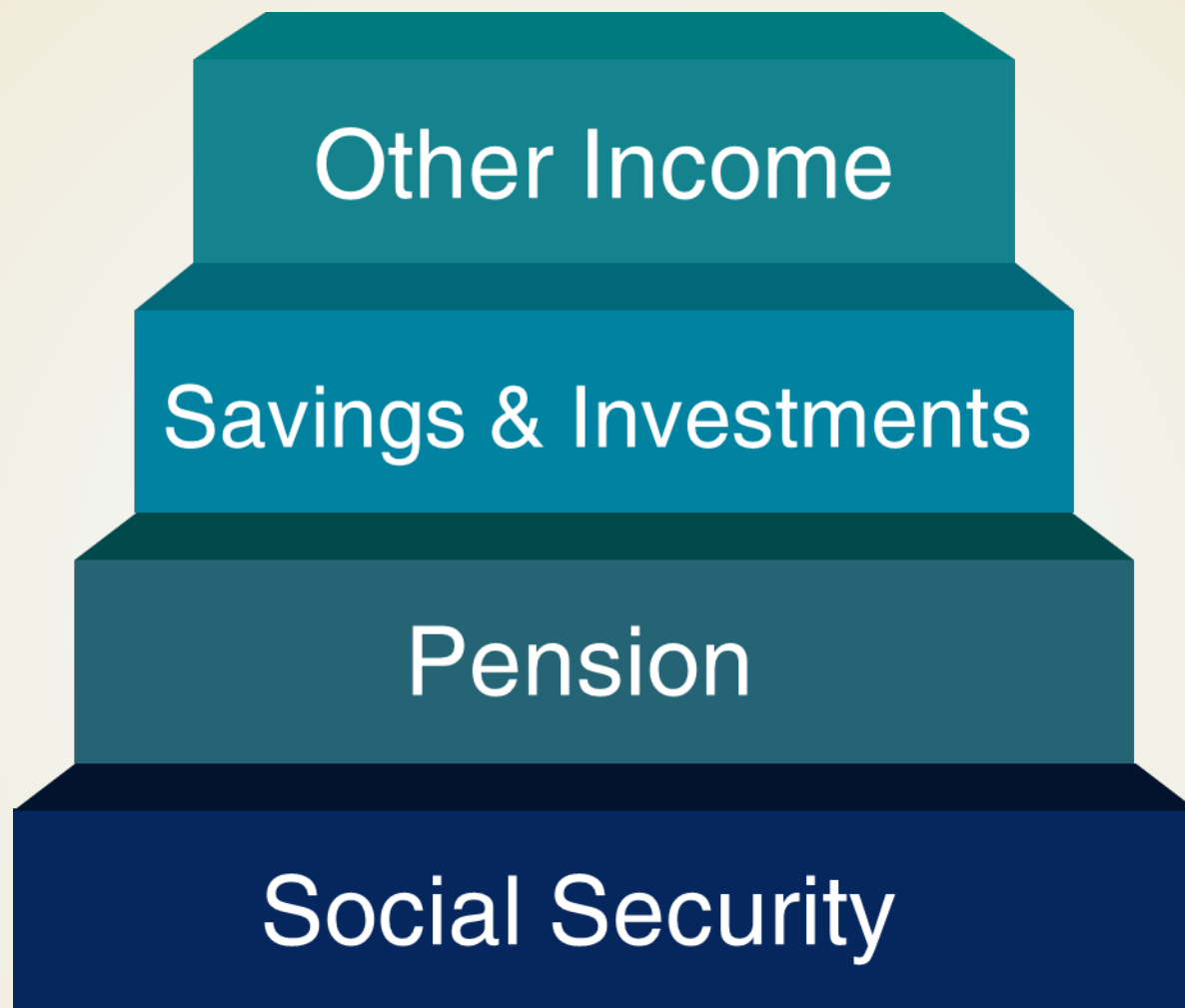
- ☐ Based on work credits
- ☐ Pays benefits to the worker and eligible family members
- ☐ Financed by FICA taxes

- ☐ Needs based (low income & resources)
- ☐ Only pays individual - no family benefits
- ☐ Age 65+ **OR** any age if disabled/blind
- ☐ Financed by general tax revenues



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[SSA.gov](https://www.ssa.gov)



How Do You Qualify for Retirement Benefits?

- By earning “credits” when you work and pay Social Security taxes
- You need 40 credits (10 years of work) and you must be 62 or older
- Each \$1,890 in earnings gives you one credit
- You can earn a maximum of 4 credits per year

Note: To earn 4 credits in 2026, you must earn at least \$7,560.

ssa.gov/planners/credits.html



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How Social Security Determines Your Benefit

Benefits are based on earnings

Step 1 - Your wages are adjusted for changes in wage levels over time

Step 2 - Find the monthly average of your 35 highest earnings years

Step 3 - Result is “average indexed monthly earnings”

ssa.gov/OACT/COLA/Benefits.html



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Sample Retirement Benefit Table

Year of Birth	Full Retirement Age	A \$1000 retirement benefit taken at age 62 would be reduced by	A \$500 spouse benefit taken at age 62 would be reduced by
1943-1954	66	25%	30%
1955	66 and 2 months	25.83%	30.83%
1956	66 and 4 months	26.67%	31.67%
1957	66 and 6 months	27.5%	32.5%
1958	66 and 8 months	28.33%	33.33%
1959	66 and 10 months	29.17%	34.17%
1960 +	67	30%	35%



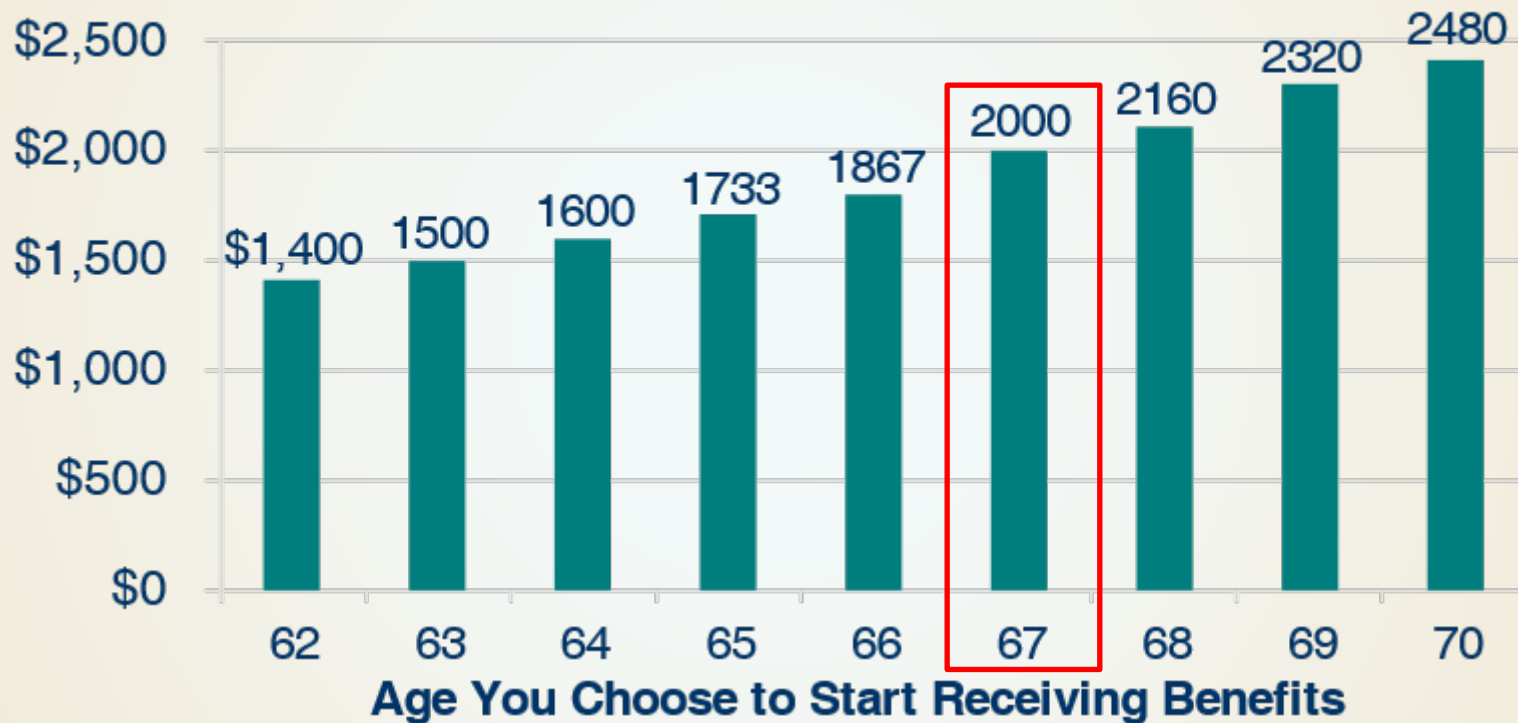
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Retirement Age Calculator:
www.ssa.gov/benefits/calculators/

SSA.gov

What Is the Best Age to Start Receiving Social Security Retirement Benefits?

Monthly Benefit Amounts Differ Based on the Age You Decide to Start Receiving Benefits



Note: This example assumes a benefit of \$2,000 at a full retirement age of 67



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Retirement Calculator



- Convenient, secure, and quick financial planning tool
- Immediate and accurate benefit estimates
- Lets you create “What if” scenarios based on different ages and earnings

www.ssa.gov/prepare/plan-retirement



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Example of the Results

Your Retirement Benefit Estimate

The age that you start your benefits determines how much you receive each month.

We created estimates for you at three common retirement ages using your earnings information. You can also add your own custom estimates by changing your stop work age and future earnings.

If you start your benefits:	And you earn an average of:	Your benefit will be about:	Actions:
At age 65	\$90,000 a year (from now until age 65)	\$2,159 a month	Edit
At age 62	\$90,000 a year (from now until age 60)	\$1,719 a month	Edit
At age 62	\$90,000 a year (from now until age 58)	\$1,694 a month	Edit
At <u>full retirement</u> (age 67)	\$90,000 a year (from now until full retirement)	\$2,503 a month	--
At age 70	\$90,000 a year (from now until age 70)	\$3,123 a month	--
At age 62	\$90,000 a year (from now until age 62)	\$1,736 a month	--



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Working While Receiving Benefits

If you are	You can make up to	If you earn more, some benefits will be withheld
Under Full Retirement Age	\$24,480/yr. \$2,040/month	\$1 for every \$2 earned above the limit
The Year Full Retirement Age is Reached	\$65,160/yr. (\$5,430/month) You can earn this much in ALL months prior to the month of FRA.	\$1 for every \$3 earned above the limit
Month of Full Retirement Age and Above	No Limit From the month of FRA and Continuing there is no limit.	No Limit

Note: If some of your retirement benefits are withheld because of your earnings, your benefits will be increased starting at your full retirement age to take into account those months in which benefits were withheld.



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Retirement Earnings Test Calculator:
ssa.gov/OACT/COLA/RTeffect.html

SSA.gov



Benefits for Children

A child must have:

- A parent who's disabled or retired and entitled to Social Security benefits; or
- A parent who died after having worked long enough in a job where they paid Social Security taxes.

The child must also be:

- A Minor:
Unmarried; Younger than age 18
- A Student:
18-19 years old and a full-time student (no higher than grade 12)
- A Disabled Adult Child:
18 or older and disabled from a disability that started before age 22.



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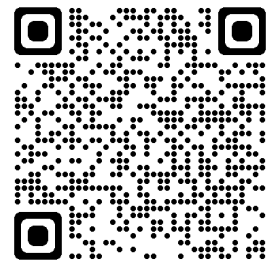
[SSA.gov](https://www.ssa.gov)



Benefits for Spouses

- Benefit is between 35% (age 62) and 50% (age 66) of primary worker's full benefit.
- Amount depends on age of spouse, lower percentage for early retirement
- If spouse's own benefit is **less than 50%** of the primary worker's, the benefits are combined
- If spouse's own benefit is **more than 50%** of primary worker's, no spouse's benefit can be paid
- Primary worker's benefit is not reduced if someone is receiving a dependent benefit from his/her record.
- www.ssa.gov/planners/retire/ (fill in year of birth)

[Benefits for Spouses \(ssa.gov\)](http://www.ssa.gov/planners/retire/)



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Benefits for Divorced Spouses

If divorced and the marriage lasted 10 years or longer, you may be able to receive benefits on your ex-spouse's record if:

- You are unmarried;
- You are age 62 or older; and
- The benefit you receive based on your own work **is less** than the benefit you would receive based on your ex-spouse's work record.
- If you have been divorced at least two years and your ex-spouse is at least 62, you can file on ex's record even if they are not retired or have not filed.
- You filing on ex's record has no effect on the amount they receive or their current spouse/children receive.

Benefits Planner | Benefits For Your Family | SSA



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Survivor Benefits

Child	May receive benefits if unmarried and younger than age 18, or between ages 18 and 19 and a full-time student (no higher than grade 12)
Disabled Child	May receive benefits after age 18 if unmarried and disabled before age 22
Widow/er or Divorced Widow/er (Remarriage after age 60 will not affect benefits)	May receive full benefits at full retirement age or reduced benefits: • as early as age 60 • as early as 50, if disabled • at any age if caring for child of deceased worker who is under age 16 or disabled and receives child's benefits

ssa.gov/planners/survivors



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Survivor Benefits

When the worker passes away
their surviving spouse can claim:

- At Full Retirement Age = 100% of benefit or
- At age 60 = 71.5% of full benefit
- It increases each month they wait, up to 100% or
- A widow(er) can remarry after age 60 and continue to collect the survivor benefit
- Reminder about Earnings Limits



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Social Security Disability Insurance (SSDI)

What is it?

SSDI provides a monthly benefit to people who are no longer able to work because of a significant disabling condition(s). SSA does not pay partial or temporary disability benefits.

Who is it for?

People who cannot perform substantial work activity may qualify if they:

- have medical condition(s) expected to last at least 12 months or result in death
- are younger than full retirement age (FRA) and earn less than the substantial gainful activity (SGA) limit

(2026 non-Blind SGA Limit = \$1,690/mo; Blind SGA limit = \$2,830/mo)

- have recent work and a certain number of work credits based on age

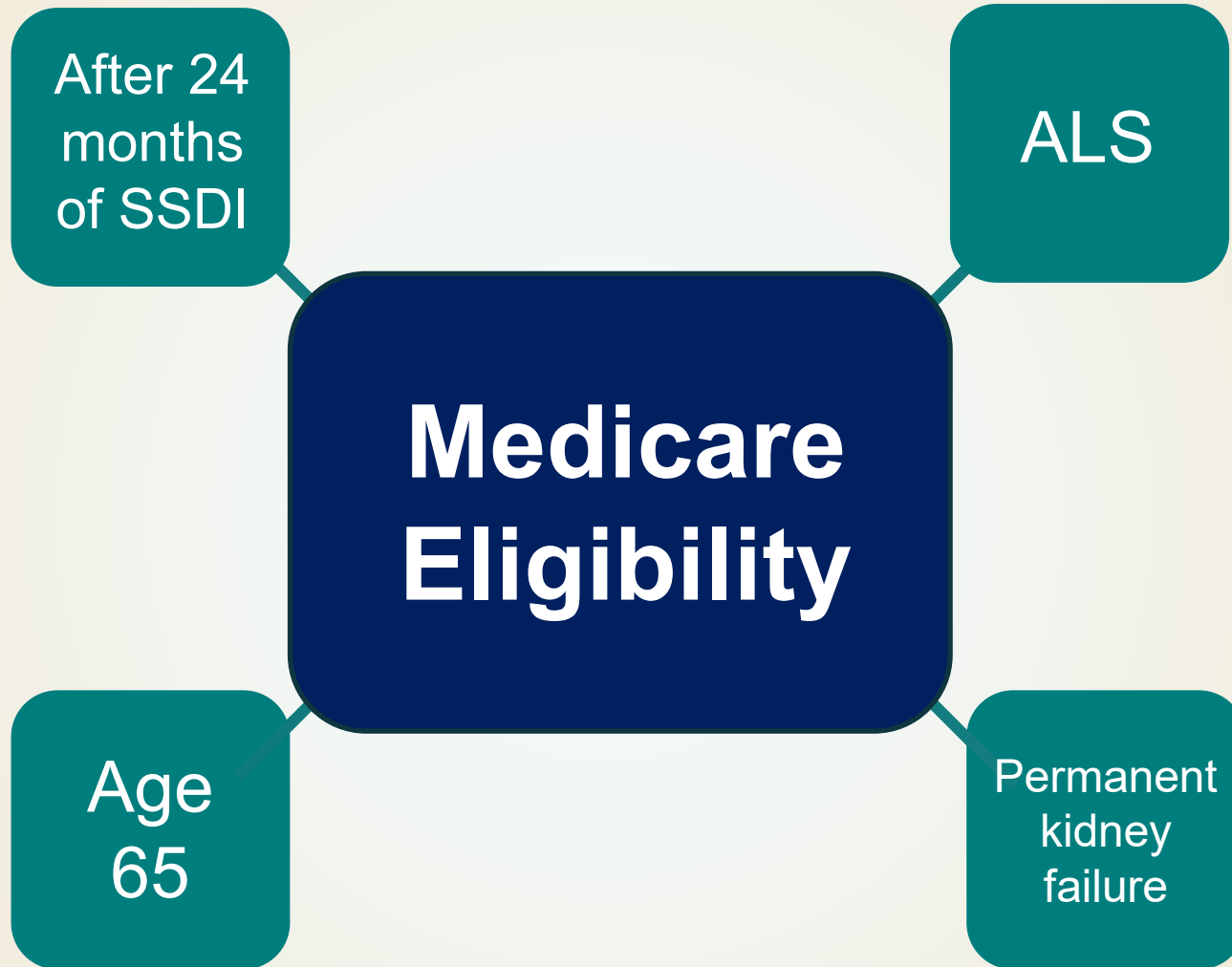


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ssa.gov/disability

SSA.gov

When are you Eligible for Medicare?



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Medicare Coverage and Premiums

PART	DESCRIPTION	PREMIUM
A	HOSPITAL INSURANCE	FREE for most workers (\$1,676 deductible)
B	MEDICAL INSURANCE	2026: \$202.90* base premium; <u>Covers 80%</u> doctor bills & other outpatient medical expenses
C	ADVANTAGE PLANS or a 20% supplemental plan	Varies depending on coverage needs
D	PRESCRIPTION DRUG COVERAGE	Varies depending on state and coverage needs

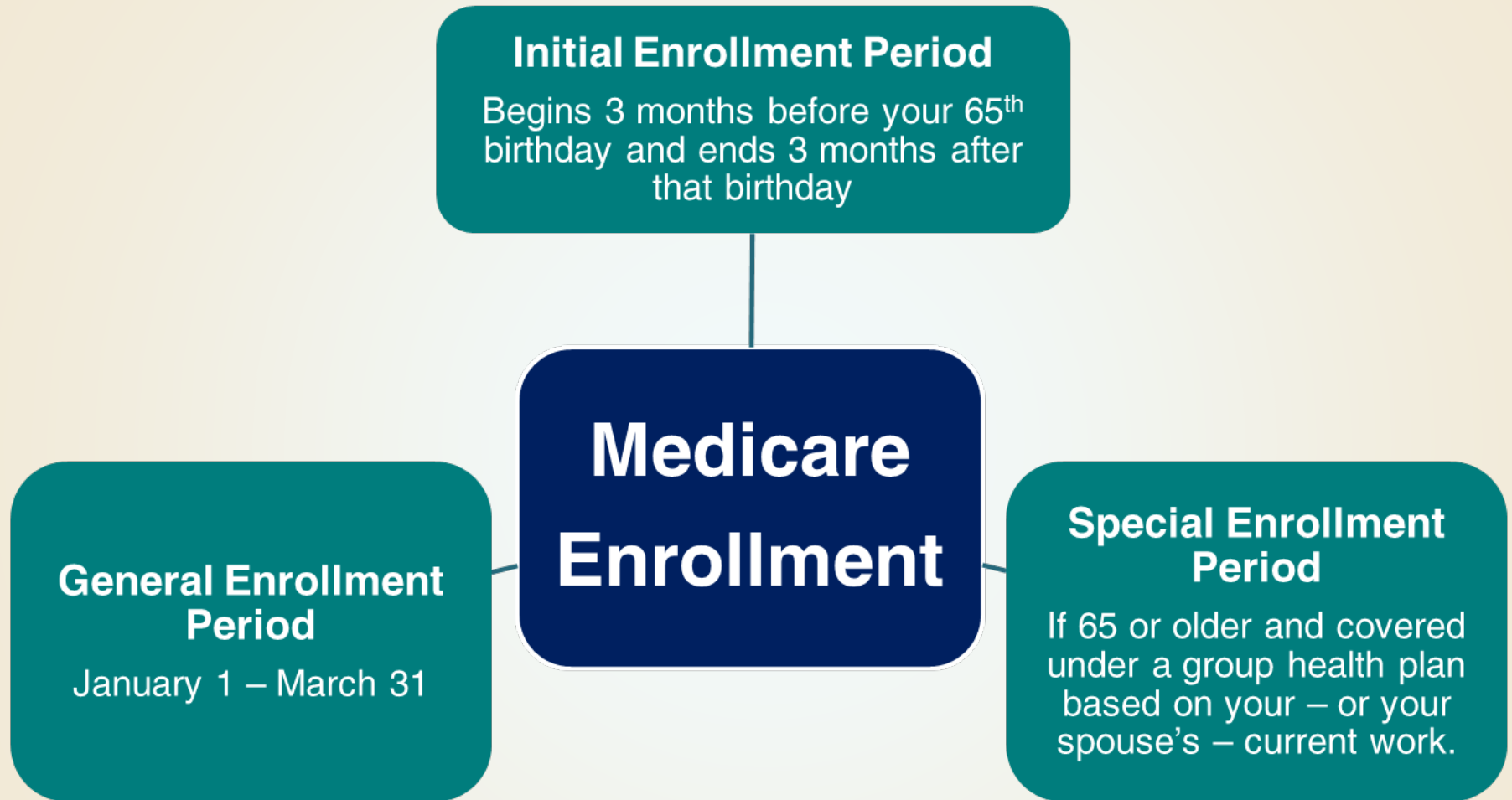
Senior Linkage Line 1-800-333-2433



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Medicare Enrollment Periods



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Medicare Part B Coverage

Initial Enrollment Period (IEP)

Beginning in 2023, if you enroll in this month of your initial enrollment period:	Your Part B Medicare coverage starts:
One to three months before you reach age 65	The month you turn age 65
The month you reach age 65, or one to three months after you reach age 65	The first day of the month after you sign up.



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[SSA.gov](https://www.ssa.gov)

Medicare Part B Coverage

Special Enrollment Period (SEP)

If you are covered under a Group Health Plan based on current employment, you have a SEP to sign up for Part A and/or Part B anytime after age 65 as long as:

- You or your spouse is working
- You (or spouse) are covered by a group health plan (GHP) through the employer based on current employment
- You have an 8-month SEP window to sign up for Part A and/or Part B at no penalty



You do not pay a late enrollment penalty if you sign up during a SEP

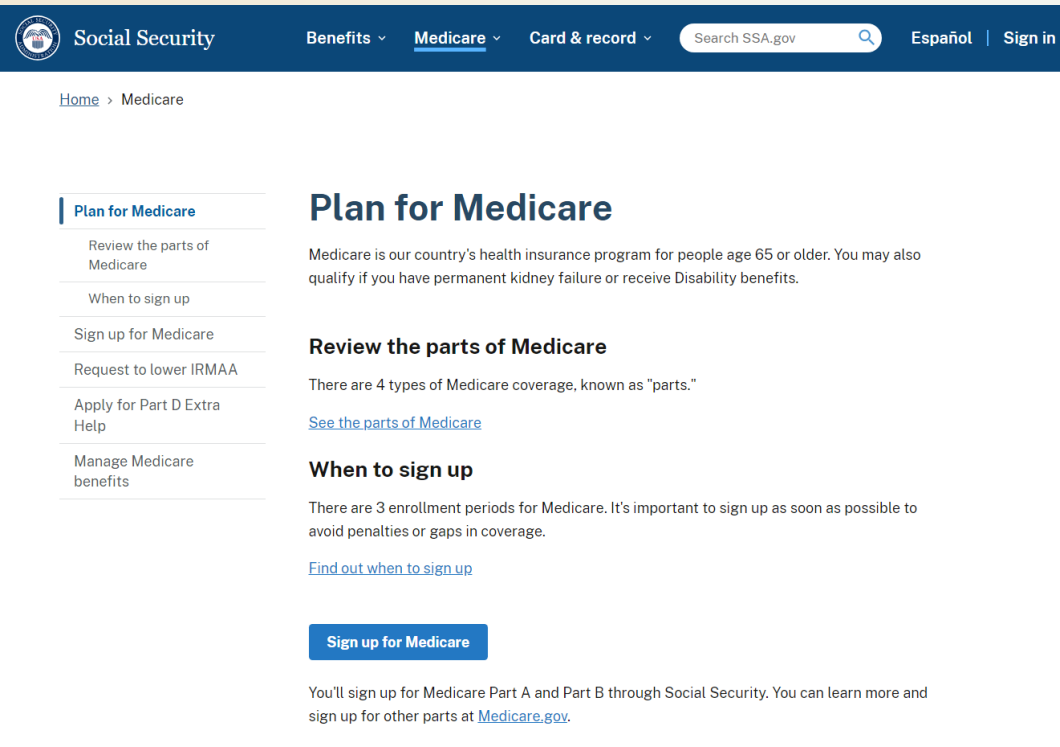
CMS- L564 (employer form) and CMS - 40B (employee form)



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How to Submit CMS 40B and L564 to SSA



The screenshot shows the top navigation bar of the Social Security Administration website. It includes the SSA logo, the text "Social Security", and links for "Benefits", "Medicare", and "Card & record". There is a search bar with "Search SSA.gov" and a magnifying glass icon, and links for "Español" and "Sign in". Below the navigation bar, the breadcrumb "Home > Medicare" is visible. On the left, a sidebar lists several Medicare-related links: "Plan for Medicare", "Review the parts of Medicare", "When to sign up", "Sign up for Medicare", "Request to lower IRMAA", "Apply for Part D Extra Help", and "Manage Medicare benefits". The main content area is titled "Plan for Medicare" and contains a paragraph about Medicare, a section "Review the parts of Medicare" with a link "See the parts of Medicare", a section "When to sign up" with a link "Find out when to sign up", and a blue button labeled "Sign up for Medicare". At the bottom of the main content area, there is a paragraph about signing up for Medicare Part A and Part B through Social Security.

Plan for Medicare

Medicare is our country's health insurance program for people age 65 or older. You may also qualify if you have permanent kidney failure or receive Disability benefits.

Review the parts of Medicare

There are 4 types of Medicare coverage, known as "parts."

[See the parts of Medicare](#)

When to sign up

There are 3 enrollment periods for Medicare. It's important to sign up as soon as possible to avoid penalties or gaps in coverage.

[Find out when to sign up](#)

[Sign up for Medicare](#)

You'll sign up for Medicare Part A and Part B through Social Security. You can learn more and sign up for other parts at [Medicare.gov](#).

If you already have Medicare Part A and wish to add Medicare Part B:

- complete the online application, or
- fax or mail completed forms CMS-40B and CMS-L564 to your local Social Security office.

ssa.gov/Medicare



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Do I Need to Sign up for Part A?

Consider

- It's free for most people
- If you/your spouse is actively working and covered by employer plan, Part A Hospital can be secondary insurance

Health Savings Account

- ✓ Are you contributing to a Health Savings Account (HSA)
- ✓ If you are, you need to decide between Part A or HSA
- ✓ Stop contributions to Health Savings Account (HSA) 6 months prior to Medicare enrollment or benefits enrollment

If you contribute to your HSA after you have Medicare, you could be subject to a tax penalty by the IRS

Publication 969

You can withdraw money from your HSA after you enroll in Medicare to help pay for medical expenses (deductibles, premiums, copays)



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How to Apply for Benefits



File online for Retirement, Spouse, Disability, or Medicare Only

- If you are disabled, you can file for Retirement and Disability with same application if you are at least 62 but not yet FRA.



Schedule phone or



in-office appointment

(Call 1-800-772-1213 8 a.m. – 7 p.m. Monday through Friday).

***Child and survivor claims can only be done by phone or in the office.**

Local Office Locator: www.ssa.gov/locator



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my Social Security



Social Security

Benefits ▾

Medicare ▾

Card & record ▾

Search SSA.gov



Español

| Account

Create your personal my Social Security account today

A free and secure my Social Security account provides personalized tools for everyone, whether you receive benefits or not. You can use your account to request a replacement Social Security card, check the status of an application, estimate future benefits, or manage the benefits you already receive.

Create an Account

Sign In

[Finish Setting Up Your Account](#)



ssa.gov/myaccount



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How to Open/Sign In to a *my* Social Security Account

Sign In or Create an Account

By signing in or creating an account, you agree to the [Privacy Act Statement and Terms of Service](#).

If you already have a Login.gov or ID.me account, do not create a new one. You can use your existing account to access Social Security services.

Sign in with  LOGIN.GOV

Sign in with  ID.me

 The Social Security username sign-in option is no longer available. Please use Login.gov or ID.me instead.

 [Create an account with Login.gov](#)

 [Create an account with ID.me](#)

 [Sign in Help and Support](#)

[External Site Disclaimer](#)

1. Visit www.ssa.gov/myaccount
2. Select: “Sign In or Create an Account”
3. If you already have an account, select Sign In and enter:
 - Existing Login.gov or ID.me credentials
4. To create a new account, select Create an Account on this and the next screen. You will be directed to Login.gov for next steps.
5. After creating your Login.gov account, you will be directed back to our website where you will provide personal information so we can verify your identity.
6. Complete the registration process using the activation code we send you.



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Scam Awareness & Social Security

- We do contact citizens - generally those who have ongoing business with Social Security - by telephone for customer-service purposes.
- Social Security employees will never threaten you for information; we will not state that you face potential arrest or other legal action if you fail to provide information.
- In those cases, the call is fraudulent, and you should just hang up. Don't give out any information.

Understand the Threat - Exercise Caution - Secure your Information



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www.oig.ssa.gov

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Disclaimer

This information is current at the time of the presentation, but Social Security policy is subject to change. Please visit [SSA.gov](https://ssa.gov) for up-to-date information on our programs.

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