AMAC Foundation

Supporting & Educating America's Seniors

Working While Receiving Benefits

August 2026

AMACFOUNDATION.ORG | 888-750-2622 | SSADVISOR@AMACFOUNDATION.ORG

AmacFoundation.org 888-750-2622 SSAdvisor@amacfoundation.org

Topics for Working While Receiving Benefits, Series One

01 **Annual Earnings Test (AET)**

- Before FRA
- Monthly Earnings Test (MET)
- Year of FRA

02 **Income considered when calculating**

03 **Adjustment of Reduction Factor (ARF)**

04 **Overpayment**

Annual Earnings Test (AET)

Annual Earnings Test – Before Full Retirement Age (FRA)

- Applies to beneficiaries prior to their FRA who continue working
- Annual maximum amount
- SSA withholds $1 for every $2 earned over the max
- AET applies when receiving Social Security retirement, spousal, survivor or children's benefits

Beginning with the month one attains FRA - Earnings are unlimited without penalty.

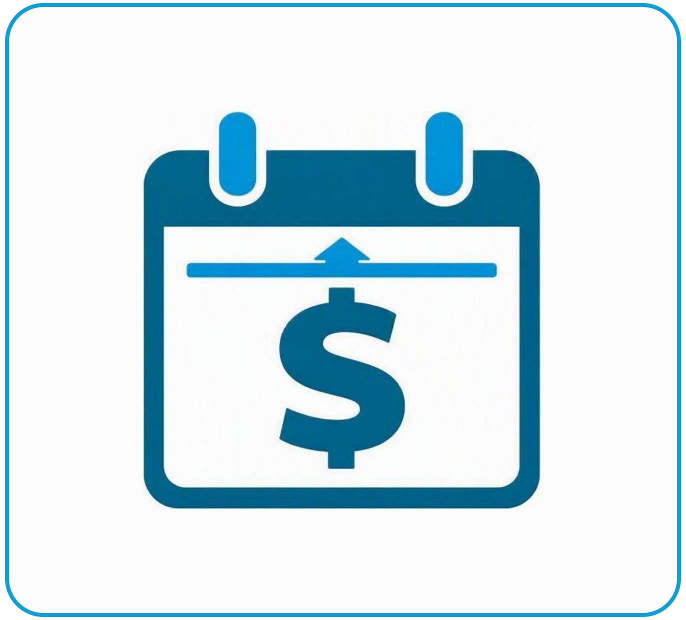
Monthly Earnings Test (MET)

- Can earn unlimited income until the month you choose to start benefits
- After that month earned income is capped
- If exceeded no benefit is paid that month
- MET only applies one year

Special Rule for the Year You Reach FRA

- Between January 1st and the month before attainment of FRA, gross wages and net income from self-employment count towards AET limit.

- If you exceed that limit, $1 for every $3 earned in excess will be withheld.



Adjustment to the Reduction Factor (ARF)

Frequently Asked Questions

- Will I get back what was withheld?
- How long does it take?

Anything withheld from your benefits may eventually be returned.

At FRA, Social Security does an **A**djustment to the **R**eduction **F**actor (ARF) for any month's full benefits were not paid. This provides a permanent increase of your monthly benefit.

IN 2026

Annual Maximums

AET

$24,480

Annual Earnings Test

Gross wages or net earnings from self-employment

MET

$2,040

Monthly Earnings Test

Maximum earnings in a single month

FRA

$65,160

Year of Reaching FRA

Higher limit in the year you reach Full Retirement Age

Only earnings prior to the month you attain FRA count towards the AET limit.

What Is Considered Income

CONSIDERED INCOME

Earned income (gross wages and net earnings from self-employment)

NOT CONSIDERED INCOME

- Pensions
- Investments
- Interest
- Other various unearned incomes

Overpayment

COMMON OVERPAYMENTS

- Income over AET/MET limits
- Delayed income reporting
- Resource and asset limits
- Living and Marital changes
- Medical improvements
- Administration Errors

What to Do if Overpaid

- Agree
- Agree with exception
- Disagree
- Appeal
- Request a waiver
- Set up a payment plan

For more information, see [SSA Overpayment Guidelines]

AMAC Foundation

Supporting & Educating America's Seniors

Thank you for participating in our webinar!

Still have questions regarding Social Security, contact us.

Phone	888-750-2622, M-F; 9am – 5pm EST
Email	ssadvisor@amacfoundation.org
Website	http://www.amacfoundation.org/question
Additional Resources:	www.amacfoundation.org
	www.socialsecurityreport.org
	www.medicarereport.org