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physicians with high deductible insurance plans are eligible to contribute annually to health savings accounts hsa which can be used for qualified health related expenses at any time the funds in the hsa are not liable for federal income tax at the time of deposit

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author justin nabity last updated august 25 2023 the complete guide to physician retirement planning if you want to enjoy your retirement years you ll need to have a savings plan in place because doctors are some of the highest earning americans most new physicians assume that saving is easy however that s not necessarily the case

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establish retirement accounts and make sound investments throughout your career to retire comfortably as soon as you become eligible to contribute to a retirement savings plan do so

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the essentials physicians need to know about different types of individual retirement account options it has been more than 35 years since congress enacted legislation that established the individual retirement account ira as an incentive for individuals to take responsibility for their own retirement security

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accounts such as roth iras 401 k s 403 b s 457 b s cash balance plans and solo 401 k s are commonly used by physicians each of these accounts allows for tax protected growth as well as either an upfront tax deduction traditional tax deferred accounts or tax free withdrawals roth accounts

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if a physician contributes that max amount every year of a 40 year career and the account grows at a 6 rate they will have over 3 3 million dollars in savings upon retirement

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distributions on traditional individual retirement accounts pension plans and 401 k plans are taxed at income tax rates whereas those from stocks mutual funds and real estate are taxed at capital gains rates which are generally lower than income tax rates

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questions often arise about the best time for physicians to withdraw money from a retirement fund a good rule of thumb is to first withdraw from taxable and tax exempt accounts such as a roth ira followed by tax deferred accounts such as traditional iras and 401 k s

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it might be from your residency days a gap year job that you took before med school or another forgotten account from long ago if you recently transitioned jobs and want to get a handle on your retirement savings accounts here are factors to consider and how to proceed with your old 403 b 401 k or other employer retirement plan

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maximizing contributions to an hsa can help a physician be more financially secure in retirement

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