Retirement Income Tax by State — 2026

By Paul Rodriguez, Founder & Managing Partner, Vida Wealth Group · Licensed insurance producer, NPN 20452373 · Reviewed October 2026

Each row is drawn from the state's department of revenue, statute or official legislative summary; the source is named under each state. Figures are for tax year 2026 where published, otherwise the most recent official figures with the year noted. Educational, not tax advice; confirm your situation with a tax professional licensed in your state. vidawealthgroup.com/retirement-income-tax-by-state

STATE	STATE INCOME TAX	SOCIAL SECURITY	PENSIONS	401(K) / IRA
Alabama	Graduated 2–5%	**Not taxed**	Mostly exempt	Partial exclusion
Alaska	**None**	**Not taxed**	**Not taxed**	**Not taxed**
Arizona	Flat 2.5%	**Not taxed**	Partial exclusion	Taxed
Arkansas	Graduated 0–3.7%	**Not taxed**	Partial exclusion	Partial exclusion
California	Graduated 1–12.3%	**Not taxed**	Taxed	Taxed
Colorado	Flat 4.4%	Partially taxed	Partial exclusion	Partial exclusion

Alabama

Income tax: graduated 2–5%

Social Security: not taxed

Pensions: Defined benefit plan payments (IRC 414(j)) are fully exempt at any age, as are military retirement pay, federal civil service/railroad/TVA pensions, and Alabama Teachers, Employees and Judicial Retirement System benefits; private defined-benefit pensions are likewise exempt, with no dollar cap or age threshold.

401(k) / IRA / other accounts: 401(k), IRA and other defined-contribution distributions are taxable; taxpayers age 65+ may exclude the first $6,000 of taxable retirement income per person (Schedule RS, Act 2022-292/HB162, effective TY2023).

Notes: No 2026 statutory change; the $6,000 age-65 exclusion is the most recent official figure (2025 Schedule RS, filed 2026).

Source: www.revenue.alabama.gov · 2026 (page updated 2026-03-27; 2025 Schedule RS)

Alaska

Income tax: none

Social Security: not taxed

Pensions: Not taxed; Alaska has no personal income tax.

401(k) / IRA / other accounts: Not taxed; Alaska has no personal income tax.

Notes: No state income tax; Permanent Fund Dividend is federally taxable but not state-taxed.

Source: commerce.alaska.gov · 2026 (current page)

Arizona

Income tax: flat 2.5%

Social Security: not taxed

Pensions: U.S. government, Arizona state and Arizona local government pensions get a subtraction of up to $2,500 per taxpayer (no age test); military retired/retainer pay is 100% exempt for tax years after 2020; private-employer pensions are fully taxable.

401(k) / IRA / other accounts: 401(k) and IRA withdrawals are fully taxable at 2.5%; no exclusion and no age threshold.

Notes: Flat 2.5% rate in effect since TY2023; full military pension exemption under A.R.S. 43-1022(26).

Source: azleg.gov · 2026 (current statute, A.R.S. 43-1022)

Arkansas

Income tax: graduated 0–3.7%

Social Security: not taxed

Pensions: Employer-sponsored pension income gets a $6,000 exclusion per taxpayer (spouse gets own $6,000); military retirement pay is 100% exempt since TY2018; exclusion cannot be combined with the Low Income table or the '65 Special' box.

401(k) / IRA / other accounts: Traditional IRA and 401(k)/employer-plan distributions qualify for the same $6,000 exclusion only if received at age 59½ or later (or due to death/disability); amounts above $6,000 are taxable.

Notes: HB1001 (2026 special session) cut the top rate from 3.9% to 3.7% retroactive to Jan 1, 2026; the $6,000 exclusion figure is from DFA Subject 206 (rev. 2023) and is unchanged.

Source: www.dfa.arkansas.gov · 2023 (rev. 2023-02-24); rate per 2026 DFA withholding formula

California

Income tax: graduated 1–12.3% (plus 1% mental-health surtax over $1M, 13.3% top)

Social Security: not taxed

Pensions: Public and private pensions are fully taxable as ordinary income with no age-based exclusion; military retirement pay is taxable, except qualified taxpayers may exclude up to $20,000 of military retirement/SBP pay for TY2025–2029.

401(k) / IRA / other accounts: 401(k) and IRA withdrawals are fully taxable (nondeductible basis recovered tax-free); no exclusion, no age threshold; California adds a 2.5% early-distribution tax before 59½.

Notes: New $20,000 military retirement exclusion runs TY2025–2029; Tier 1 and Tier 2 railroad retirement benefits are also exempt.

Source: www.ftb.ca.gov · 2025 (FTB Pub. 1005, 2025 tax year)

STATE	STATE INCOME TAX	SOCIAL SECURITY	PENSIONS	401(K) / IRA

Income tax: flat 4.4%

Social Security: partially taxed (age 65+: fully subtracted; age 55–64: fully subtracted if AGI ≤ $75,000 single / $95,000 joint, otherwise only within the $20,000 pension cap; under 55: taxed)

Pensions: Pension/annuity subtraction of $20,000 (age 55–64) or $24,000 (age 65+) per taxpayer; under 55 only death-benefit income qualifies (capped $20,000); public and private pensions treated the same.

401(k) / IRA / other accounts: Taxable IRA (traditional/SEP/SIMPLE) and 401(k) distributions count toward the same $20,000/$24,000 subtraction; federally premature distributions (before 59½) do not qualify.

Notes: Statutory rate is 4.4%; SB24-228 allows temporary TABOR-triggered cuts to 4.25% only when surplus thresholds are met, so confirm with the 2026 DR 0104 instructions when published.

Source: tax.colorado.gov · 2025 (Income Tax Topics, rev. Jan 2025)

Connecticut	Graduated 2–6.99%	Partially taxed	Partial exclusion	Partial exclusion

Income tax: graduated 2–6.99%

Social Security: partially taxed (100% exempt if federal AGI < $75,000 single/MFS or < $100,000 joint/HOH; above that, no more than 25% of benefits taxable)

Pensions: Public and private pension/annuity income is 100% deductible if AGI is below $75,000 (single) / $100,000 (joint), phasing out to zero at $100,000 / $150,000; military retirement pay is 100% deductible at any income; no age test.

401(k) / IRA / other accounts: IRA distributions (non-Roth) are 100% deductible beginning TY2026 (75% in 2025) subject to the same AGI thresholds and phase-out; 401(k) distributions fall under the pension/annuity rule.

Notes: 2026 is the first year the IRA deduction reaches 100% under the 2021 phase-in schedule.

Source: prdext2.cga.ct.gov · 2025 (OLR Report 2025-R-0152, 2025-09-22)

Delaware	Graduated 2.2–6.6%	**Not taxed**	Partial exclusion	Partial exclusion

Income tax: graduated 2.2–6.6%

Social Security: not taxed

Pensions: Age 60+: up to $12,500 per person of pension plus eligible retirement income excluded; under 60: up to $2,000 of pension income, or up to $12,500 of U.S. military pension income (TY2022+); public and private pensions treated the same.

401(k) / IRA / other accounts: 401(k), IRA, Keogh and 457 distributions count as 'eligible retirement income' within the $12,500 exclusion only at age 60+; under 60 they are fully taxable.

Notes: Additional $2,500 standard deduction at 65+ and $110 personal credit at 60+; first $2,000 of income is taxed at 0%.

Source: revenue.delaware.gov · 2026 (page updated 2026-09-09)

District of Columbia	Graduated 4–10.75%	**Not taxed**	Taxed	Taxed

Income tax: graduated 4–10.75% (4% to $10,000; 6% to $40,000; 6.5% to $60,000; 8.5% to $250,000; 9.25% to $500,000; 9.75% to $1,000,000; 10.75% above; schedule in effect since TY2022 and used for 2026 estimated payments)

Social Security: not taxed (SS and railroad retirement excluded from DC taxable income)

Pensions: Private pensions fully taxable at graduated rates with no exclusion. DC government, federal government and military retired pay/pension/annuity income: first $3,000 excluded for taxpayers age 62 or older (D.C. Code §47-1803.02(a)(2)(N)); DC/federal survivor benefits also subtractable; no exclusion for state pensions from other jurisdictions.

401(k) / IRA / other accounts: 401(k)/IRA withdrawals fully taxable at graduated rates up to 10.75%; no exclusion or age threshold.

Notes: No rate or retirement-rule changes for 2026; DC remains among the least favorable jurisdictions in this set for private pension and IRA income because the only exclusion is the $3,000 age-62+ government/military pension exclusion.

Source: app.cfo.dc.gov · 2026 (OTR general filing FAQ; 2026 D-40ES booklet rate table; OTR Individual Income Tax Rates page)

Florida	**None**	**Not taxed**	**Not taxed**	**Not taxed**

Income tax: none

Social Security: not taxed

Pensions: Not taxed; Florida imposes no personal income tax.

401(k) / IRA / other accounts: Not taxed; Florida imposes no personal income tax.

Notes: Personal income tax is constitutionally prohibited (Fla. Const. Art. VII, §5).

Source: floridarevenue.com · 2026 (current FAQ)

Georgia	Flat 4.99%	**Not taxed**	Partial exclusion	Partial exclusion

Income tax: flat 4.99%

Social Security: not taxed

Pensions: Retirement income exclusion of $35,000 per person at age 62–64 (or permanently disabled) and $65,000 at 65+; covers pensions, annuities, interest, dividends, capital gains, rental and royalty income plus up to $5,000 earned income; military retirees under 62 may exclude $17,500 plus another $17,500 if Georgia earned income exceeds $17,500.

401(k) / IRA / other accounts: 401(k) and IRA withdrawals are included in the same $35,000 / $65,000 age-based exclusion; amounts above the cap are taxed at 4.99%.

Notes: HB 463 (2026) cut the rate from 5.19% to 4.99% retroactive to Jan 1, 2026 and raises the 65+ exclusion to $70,000 beginning TY2027.

Source: dor.georgia.gov · 2026 (DOR page; 2026 rate per DOR Important Tax Updates)

Hawaii	Graduated 1.4–11%	**Not taxed**	Mostly exempt	Taxed

STATE	STATE INCOME TAX	SOCIAL SECURITY	PENSIONS	401(K) / IRA

Income tax: graduated 1.4–11%

Social Security: not taxed

Pensions: Pensions funded entirely by the employer are fully exempt at any age (state ERS, federal civil service, military, and private defined-benefit plans with no employee contributions); the portion attributable to employee contributions is taxable.

401(k) / IRA / other accounts: Traditional 401(k) and IRA withdrawals are fully taxable; no exclusion, no age threshold.

Notes: Act 46 (2024) raises the 2026 standard deduction to $8,000 single / $16,000 joint; Act 24 (2026) adds a 13% top bracket starting TY2027.

Source: files.hawaii.gov · 2026 (DOTAX Tax Review Commission presentation, 2026-07-14)

Idaho	Flat 5.3%	**Not taxed**	Taxed	Taxed

Income tax: flat 5.3%

Social Security: not taxed

Pensions: Pensions are generally taxable; a retirement benefits deduction applies only to CSRS/FSRDS annuities (eligibility established before 1984), Idaho firefighter and police retirement funds, and military retirement, at age 65+ (or 62+ and disabled; military: disabled, 62+, or under 62 and employed), capped at $48,216 single / $72,324 joint for 2025, reduced by Social Security received.

401(k) / IRA / other accounts: 401(k) and IRA withdrawals are fully taxable at 5.3%; no exclusion, no age threshold.

Notes: 5.3% flat rate set by HB 40 (2025) and carried into 2026; deduction caps are 2025 figures (2026 inflation-adjusted amounts not yet published).

Source: tax.idaho.gov · 2025 (Form 39R instructions, tax year 2025)

Illinois	Flat 4.95%	**Not taxed**	**Not taxed**	**Not taxed**

Income tax: flat 4.95%

Social Security: not taxed

Pensions: All public and private qualified-plan pensions, government and military retirement, and 457 deferred compensation are fully subtracted; no cap, no age threshold.

401(k) / IRA / other accounts: 401(k), IRA and SEP distributions are fully subtracted, including early distributions and Roth conversion amounts; no cap, no age threshold.

Notes: One of the few states exempting essentially all retirement income; Publication 120 reissued December 2025.

Source: tax.illinois.gov · 2025 (Pub-120, Dec 2025)

Indiana	Flat 2.95%	**Not taxed**	Taxed	Taxed

Income tax: flat 2.95%

Social Security: not taxed

Pensions: Public and private pensions are fully taxable; military retirement and survivor benefits are 100% deductible (no age test); federal civil service annuities deductible up to $16,000 at age 62+ reduced by Social Security received.

401(k) / IRA / other accounts: 401(k) and IRA withdrawals are fully taxable at 2.95% plus county income tax; no exclusion, no age threshold.

Notes: Rate drops from 3.0% (2025) to 2.95% for 2026 and 2.9% for 2027+; counties add 0.5–3% local income tax.

Source: www.in.gov · 2025 (Information Bulletin #6, June 2025; rate per DOR Volunteer Handbook)

Iowa	Flat 3.8%	**Not taxed**	Mostly exempt	Mostly exempt

Income tax: flat 3.8%

Social Security: not taxed

Pensions: Public and private pension and annuity income is fully excluded for taxpayers age 55+ or disabled (and qualifying surviving spouses); military retirement pay is exempt at any age.

401(k) / IRA / other accounts: 401(k) and IRA distributions are fully excluded at age 55+ (or disabled); under 55 they are taxable at 3.8%.

Notes: Flat 3.8% confirmed by IDR for TY2026; retirement exclusion effective since TY2023 under HF 2317.

Source: revenue.iowa.gov · 2025 (IDR press release 2025-10-21; retirement guidance page rev. 2025-03-13)

Kansas	Graduated 5.2–5.58%	**Not taxed**	Partial exclusion	Taxed

Income tax: graduated 5.2–5.58% (5.2% on taxable income up to $23,000 single / $46,000 joint; 5.58% above)

Social Security: not taxed (fully subtracted for tax years after 2023; $75,000 AGI cap removed by 2024 SB 1)

Pensions: Federal, Kansas state/local (KPERS) and military retirement benefits are exempt regardless of age; private pensions are fully taxed with no exclusion

401(k) / IRA / other accounts: 401(k)/IRA withdrawals included in federal AGI are fully taxed; no exclusion or age threshold

Notes: SB 269 (2025) revenue-trigger rate cuts did not fire for 2026 (Notice 25-06), so 2024 rates remain; residents 65+ get an extra $805 standard deduction.

Source: www.ksrevenue.gov · Notice 24-08 (July 2024) and Notice 25-06 (Oct 2025)

Kentucky	Flat 3.5%	**Not taxed**	Partial exclusion	Partial exclusion

STATE	STATE INCOME TAX	SOCIAL SECURITY	PENSIONS	401(K) / IRA

Income tax: flat 3.5% (reduced from 4% by 2025 HB 1 for tax years beginning on/after Jan 1, 2026)

Social Security: not taxed

Pensions: Up to $31,110 per taxpayer of pension/annuity income excluded (Schedule P), no age threshold; federal, Kentucky state and local government pensions fully exempt if retired before Jan 1, 1998, or proportionally exempt for service before 1998

401(k) / IRA / other accounts: IRA, 401(k) and similar deferred-comp distributions count toward the same $31,110 per-person exclusion; excess fully taxed; no age threshold

Notes: The $31,110 cap is statutory and not indexed; military retirement is covered by the same exclusion and the pre-1998 federal service rule.

Source: revenue.ky.gov · Schedule P (2023 form; cap unchanged) and KY Acts ch. 1 of 2025 (HB 1) for the 3.5% rate

Louisiana	Flat 3%	**Not taxed**	Partial exclusion	Partial exclusion

Income tax: flat 3% (effective tax years beginning Jan 1, 2025; standard deduction $12,500 single / $25,000 joint)

Social Security: not taxed (R.S. 47:44.2)

Pensions: Louisiana state/local system benefits (LASERS, TRSL, LSERS, etc.), federal civil service and military retirement are fully exempt; other pensions are taxable above the $12,000 annual retirement income exclusion for taxpayers 65+ (per spouse if each is 65+)

401(k) / IRA / other accounts: 401(k)/IRA withdrawals are taxable; taxpayers 65+ may exclude up to $12,000 per person of annual retirement income (R.S. 47:44.1), indexed to CPI going forward

Notes: Act 11 (2024 special session) doubled the retirement exclusion from $6,000 to $12,000 beginning tax year 2025 and added annual CPI indexing.

Source: revenue.louisiana.gov · LDR income tax reform FAQ (2025) and LDR retirement benefits FAQ

Maine	Graduated 5.8–7.15%	**Not taxed**	Partial exclusion	Partial exclusion

Income tax: graduated 5.8–7.15% (2026: 5.8% under $27,400 single/$54,850 joint; 6.75%; 7.15% at $64,850+/$129,750+), plus 2% surcharge on taxable income over $1,000,000 single / $1,500,000 joint

Social Security: not taxed

Pensions: Pension income deduction up to $48,216 per taxpayer (2025 figure, tied to the max Social Security benefit at full retirement age), reduced dollar-for-dollar by Social Security/Railroad Retirement received; phases out above federal AGI of $125,000 single / $187,500 HOH / $250,000 joint; military retirement fully exempt

401(k) / IRA / other accounts: IRA/401(k) and other eligible plan distributions qualify for the same $48,216 deduction (net of Social Security); distributions before age 55 generally do not qualify unless substantially equal periodic payments

Notes: 2026 deduction amount not yet published by Maine Revenue Services; it will track the 2026 maximum Social Security benefit at full retirement age.

Source: www.maine.gov · MRS 2026 individual income tax rate schedule; pension deduction amount per 2025 Form 1040ME Schedule 1S

Maryland	Graduated 2–6.5%	**Not taxed**	Partial exclusion	Taxed

Income tax: graduated 2–6.5% (2%–5.75% standard brackets; 6.25% on $500,001–$1,000,000 and 6.5% over $1,000,000 effective tax year 2025) plus county income tax

Social Security: not taxed

Pensions: Pension exclusion up to $40,600 for tax year 2026 ($41,200 in 2025) for taxpayers 65+ or totally disabled, reduced by Social Security/Railroad Retirement benefits; applies to employee retirement plans qualified under IRC 401(a), 403, 457(b); military retirement subtraction $20,000 (55+) / $12,500 (under 55); public safety retirement subtraction $15,000 (55+)

401(k) / IRA / other accounts: Traditional/Roth/rollover IRAs, SEPs and Keoghs do NOT qualify for the pension exclusion and are fully taxed; 401(k) distributions qualify only if the plan is a 401(a)-qualified employee retirement system

Notes: Nonrefundable senior tax credit of $1,000 (single, AGI ≤$100,000) or $1,750 (joint/HOH, AGI ≤$150,000) for taxpayers 65+; centenarian subtraction up to $100,000.

Source: www.marylandcomptroller.gov · Technical Bulletin 51 (Apr 2025); 2026 cap per Comptroller Pension Exclusion Worksheet

Massachusetts	Flat 5%	**Not taxed**	Partial exclusion	Taxed

Income tax: flat 5% plus 4% surtax on taxable income over $1,107,750 (2026 threshold)

Social Security: not taxed

Pensions: Massachusetts state/local contributory pensions, federal (CSRS/FERS/USPS) contributory pensions and U.S. military pensions are exempt; out-of-state government pensions exempt only if that state reciprocates; private pensions and annuities fully taxed

401(k) / IRA / other accounts: Traditional IRA and 401(k) withdrawals are taxed at 5% (IRA contributions previously taxed by MA are recovered tax-free); Roth qualified distributions follow federal treatment

Notes: Taxpayers 65+ get a $700 personal exemption per person; federal TSP distributions are fully taxable.

Source: www.mass.gov · Updated Jan 12, 2026; rates per mass.gov Massachusetts Tax Rates page (2026)

Michigan	Flat 4.25%	**Not taxed**	Partial exclusion	Partial exclusion

Income tax: flat 4.25%

Social Security: not taxed

Pensions: 2026 completes the 2023 PA 4 phase-in: 100% of public and private pension benefits deductible up to the inflation-adjusted private retirement maximum (2025 limit: $65,897 single / $131,794 joint; 2026 figure pending) for taxpayers born after 1945; taxpayers born 1946–1952 and age 67+ may instead elect the Tier II standard deduction of $20,000 single / $40,000 joint against all income; born before 1946: full public pension deduction, private pension deduction capped

401(k) / IRA / other accounts: Qualified 401(k)/IRA distributions count toward the same retirement subtraction limits (2025: $65,897 / $131,794; 100% in 2026); employee-contribution-only 401(k) portions are generally not eligible

Notes: 2025 PA 24 lets taxpayers born after 1952 and age 67+ claim both the standard deduction and the Social Security deduction for tax years 2026–2028 (RAB 2026-1).

Source: www.michigan.gov · RAB 2026-1 (2026); 2025 limits shown, 2026 inflation-adjusted limit not yet published

STATE	STATE INCOME TAX	SOCIAL SECURITY	PENSIONS	401(K) / IRA
Minnesota	Graduated 5.35–9.85%	Partially taxed	Partial exclusion	Taxed

Income tax: graduated 5.35–9.85% (2026: 5.35% up to $33,310 single/$48,700 joint; 6.8%; 7.85%; 9.85% at $203,151+/$337,931+)

Social Security: partially taxed (simplified method: full subtraction if AGI under $84,490 single/HOH or $108,320 joint, phased out 10% per $4,000 of AGI above; MFS threshold $54,160 with 10% per $2,000; 2025 thresholds, 2026 indexing not yet posted)

Pensions: Fully taxed, except a qualified public pension subtraction (PERA, TRA, Police & Fire, State Patrol, certain federal/other-state plans) of up to $13,540 single / $27,080 joint for service not covered by Social Security, phased out above AGI of $103,489 single / $127,319 joint / $73,159 MFS

401(k) / IRA / other accounts: 401(k)/IRA withdrawals fully taxed at ordinary rates; no exclusion or age threshold

Notes: Military retirement pay is fully subtractable; the Social Security subtraction uses either the simplified method or the pre-2023 provisional-income method, whichever is greater.

Source: www.revenue.state.mn.us · MN DOR page updated Dec 17, 2025; 2026 brackets per MN DOR release Dec 16, 2025

Mississippi	Flat 4%	**Not taxed**	**Not taxed**	**Not taxed**

Income tax: flat 4% on taxable income over $10,000 (first $10,000 exempt) for tax year 2026, down from 4.4% in 2025

Social Security: not taxed

Pensions: Public and private pensions, annuities and military retirement are fully exempt once plan retirement requirements are met; no age threshold or dollar cap

401(k) / IRA / other accounts: Qualified 401(k)/IRA distributions are fully exempt; early (pre-retirement-age) distributions are not treated as retirement income and are taxed

Notes: HB 1 of 2025 (Build Up Mississippi Act) steps the rate to 4% (2026), 3.75% (2027), 3.5% (2028), 3.25% (2029), 3% (2030), then toward 0% subject to revenue triggers.

Source: www.dor.ms.gov · MS DOR General Information, Jan 7, 2026 (2026 rate); retirement exemption per Miss. Code 27-7-15(4)

Missouri	Graduated 2–4.7%	**Not taxed**	Partial exclusion	Partial exclusion

Income tax: graduated 2–4.7% (2025 chart: top 4.7% on taxable income over $9,191; 2026 chart pending, rate held at 4.7%)

Social Security: not taxed (100% deductible for taxpayers 62+ or receiving SS disability; income limit removed for tax years 2024+)

Pensions: Public pensions (federal, state, local) deductible up to the maximum Social Security benefit ($48,967 for 2026), reduced by any Social Security deduction, no income limit since 2024; private pensions get a $6,000 exemption phased out dollar-for-dollar above Missouri AGI of $25,000 single / $32,000 joint / $16,000 MFS; military retirement fully exempt

401(k) / IRA / other accounts: 401(k)/IRA withdrawals taxable; may count toward the $6,000 private pension exemption subject to the same AGI limits; no age threshold

Notes: The 2026 public pension cap of $48,967 is posted on the DOR pension FAQ; SB 3 (2022) revenue triggers could lower the top rate below 4.7% in later years.

Source: dor.mo.gov · MO DOR Pension FAQ (tax years 2024+, includes 2026 cap); 2025 Tax Chart

Montana	Graduated 4.7–5.65%	Taxed	Taxed	Taxed

Income tax: graduated 4.7–5.65% (2026: 4.7% up to $47,500 single / $95,000 joint; 5.65% above; drops to 5.4% with wider bracket in 2027 under HB 337)

Social Security: taxed (the federally taxable portion is included in Montana taxable income)

Pensions: Public and private pensions and military retirement are fully taxed; no pension-specific exclusion since the 2024 tax simplification repealed the former $5,060 partial exemption

401(k) / IRA / other accounts: 401(k)/IRA withdrawals fully taxed at ordinary rates; no exclusion or age threshold

Notes: Taxpayers 65+ may subtract an indexed amount from income ($5,660 for 2025; 2026 figure not yet published); long-term capital gains taxed at 3%/4.1%.

Source: revenue.mt.gov · MT DOR HB 337 notice (2025) for 2026 rates; senior subtraction per 2025 Form 2 instructions

Nebraska	Graduated 2.46–4.55%	**Not taxed**	Partial exclusion	Taxed

Income tax: graduated 2.46–4.55% (top rate 4.55% for 2026 under LB 754; 3.99% in 2027)

Social Security: not taxed (100% exclusion for tax years beginning on/after Jan 1, 2025 under LB 873)

Pensions: Military retirement 100% excluded (tax years 2022+); all other public and private pensions fully taxed; no exclusion or age threshold

401(k) / IRA / other accounts: 401(k)/IRA withdrawals fully taxed; no exclusion or age threshold

Notes: Nebraska has no general retirement income exclusion; Social Security and military retirement are the only retirement-specific exemptions.

Source: revenue.nebraska.gov · NE DOR 2022 Legislative Changes (LB 873); 2026 rate per LB 754 (2023) as enrolled at nebraskalegislature.gov

Nevada	**None**	**Not taxed**	**Not taxed**	**Not taxed**

Income tax: none

Social Security: not taxed

Pensions: Not taxed (no state individual income tax)

401(k) / IRA / other accounts: Not taxed (no state individual income tax)

Notes: Nevada has never imposed a personal income tax; the state relies on sales, gaming, property and modified business taxes.

Source: tax.nv.gov · NV Department of Taxation page, current 2026

New Hampshire	**None**	**Not taxed**	**Not taxed**	**Not taxed**

STATE	STATE INCOME TAX	SOCIAL SECURITY	PENSIONS	401(K) / IRA

Income tax: none (Interest & Dividends Tax repealed for taxable periods beginning after Dec 31, 2024)

Social Security: not taxed

Pensions: Not taxed (no tax on earned or retirement income)

401(k) / IRA / other accounts: Not taxed

Notes: The final Interest & Dividends Tax rate was 3% for 2024; from tax year 2025 onward New Hampshire taxes no individual income, including investment income.

Source: revenue.nh.gov · NH DRA Interest & Dividends Tax page (repeal effective 2025)

New Jersey

Graduated 1.4–10.75% | **Not taxed** | Partial exclusion | Partial exclusion

Income tax: graduated 1.4–10.75%

Social Security: not taxed

Pensions: Retirement income exclusion for taxpayers 62+ (or disabled) with total income of $150,000 or less: up to $100,000 joint / $75,000 single/HOH / $50,000 MFS when total income is $100,000 or less; 50%/37.5%/25% of taxable pension at $100,001–$125,000 and 25%/18.75%/12.5% at $125,001–$150,000; no exclusion above $150,000; military pensions and survivor benefits fully exempt

401(k) / IRA / other accounts: IRA and 401(k) withdrawals (taxable portion) qualify for the same pension exclusion and limits (age 62+, total income ≤$150,000); contributions previously taxed by NJ are recovered tax-free

Notes: An additional 'other retirement income exclusion' lets 62+ filers with ≤$3,000 of earned income use any unclaimed portion of the exclusion against other income.

Source: www.nj.gov · NJ Division of Taxation, last updated Sept 28, 2026 (2025 return rules; limits unchanged for 2026)

New Mexico

Graduated 1.5–5.9% | Partially taxed | Partial exclusion | Partial exclusion

Income tax: graduated 1.5–5.9% (1.5%, 3.2%, 4.7%, 4.9%, 5.9%; top rate above $210,000 single / $315,000 joint under 2024 HB 252)

Social Security: partially taxed (fully exempt if AGI is $100,000 or less single, $150,000 or less joint/HOH/surviving spouse, $75,000 or less MFS; fully taxable above those thresholds)

Pensions: Public and private pensions taxable; taxpayers 65+ (or blind) may claim an exemption of up to $8,000 that phases out with AGI (fully eliminated above $51,000 single/joint, $25,500 MFS); armed forces retirement pay and survivor benefit plan payments exempt up to $30,000 (permanent from tax year 2025)

401(k) / IRA / other accounts: 401(k)/IRA withdrawals fully taxed except as covered by the $8,000 age-65+ exemption; no separate retirement account exclusion

Notes: 2024 HB 252 restructured brackets effective 2025 (1.5% bottom rate); 2025 SB 497/HB 264 made the $30,000 military exemption permanent and extended it to surviving spouses.

Source: www.tax.newmexico.gov · NM TRD Social Security exemption notice (2022 law); military exemption per NMSA 7-2-5.13 (2025)

New York

Graduated 3.9–10.9% | **Not taxed** | Partial exclusion | Partial exclusion

Income tax: graduated 3.9–10.9% (2025–26 budget cut the five lowest brackets by 0.1 point beginning tax year 2026; top 10.9% over $25 million)

Social Security: not taxed

Pensions: New York State, local government, and federal (including military) pensions fully exempt at any age; private pensions and annuities get the $20,000 per-person pension and annuity income exclusion for taxpayers age 59½ or older (only income received after turning 59½ qualifies in that year)

401(k) / IRA / other accounts: IRA and 401(k) distributions count toward the same $20,000 per-person exclusion at age 59½+; excess fully taxed; unused spouse exclusion is not transferable

Notes: New York City residents pay an additional city income tax (3.078%–3.876%); the $20,000 cap is statutory and not indexed.

Source: www.tax.ny.gov · NYS Tax Department, updated Oct 20, 2025

North Carolina

Flat 3.99% | **Not taxed** | Partial exclusion | Taxed

Income tax: flat 3.99% (2026; 2026 session law lowers it to 3.49% for 2027–2029, 3.24% for 2030–2032, 2.99% from 2033)

Social Security: not taxed

Pensions: Bailey-settlement government pensions (TSERS, LGERS, judicial, CSRS, FERS, military) fully exempt if the retiree had five or more years of creditable service as of Aug 12, 1989; military retirement pay and SBP fully deductible for 20+ years of service or medical retirement (2021 law); all other public and private pensions fully taxed with no age-based exclusion

401(k) / IRA / other accounts: 401(k)/IRA withdrawals fully taxed at 3.99%; exempt only if a Bailey-qualified government 401(k)/457 plan the retiree contributed to before Aug 12, 1989

Notes: North Carolina has no general retirement income deduction; the 2026 rate-cut law (S.L. 2026) is the first change to the flat-rate schedule since S.L. 2023-134.

Source: www.ncdor.gov · NCDOR tax rate schedules (2026 rate 3.99%); Bailey Decision page (tax year 2025)

North Dakota

Graduated 0–2.5% | **Not taxed** | Taxed | Taxed

Income tax: graduated 0–2.5% (2026 brackets: 0% up to $57,625 single / $57,500 joint-equivalent threshold per withholding tables; 1.95% middle bracket; 2.5% over $258,450 single / $168,525 married)

Social Security: not taxed (full subtraction of federally taxable benefits for all filers since TY2021; prior AGI thresholds of $50,000/$100,000 repealed by SB 2351)

Pensions: Public and private pensions fully taxable at ordinary rates; no general pension exclusion and no age-based deduction. Exceptions: military retirement pay 100% deductible (since 2019); licensed peace officer retirement benefits excluded with 20+ years of service or disability retirement.

401(k) / IRA / other accounts: 401(k)/IRA withdrawals fully taxable to the extent in federal AGI; no exclusion amount or age threshold.

Notes: Three-bracket 0%/1.95%/2.5% structure in effect since TY2023 with annual inflation indexing; 2026 bracket thresholds taken from the 2026 withholding booklet; no 2026 retirement-rule changes identified.

Source: www.tax.nd.gov · 2026 (withholding booklet 2026; history page current through 2025 session)

STATE	STATE INCOME TAX	SOCIAL SECURITY	PENSIONS	401(K) / IRA
Ohio	Flat 2.75%	**Not taxed**	Taxed	Taxed

Income tax: flat 2.75% on nonbusiness income over $26,050 (0% on the first $26,050); TY2026 is the first year of the single 2.75% rate

Social Security: not taxed (taxable SS benefits deducted on the Ohio Schedule of Adjustments)

Pensions: Public and private pensions taxable in Ohio AGI; no general exclusion. Nonrefundable retirement income credit of up to $200 per return if modified AGI less exemptions is under $100,000 (credit scales with retirement income, max at $8,000+ of qualifying retirement income); senior citizen credit of $50 per return at age 65+. Uniformed services/military retirement pay and survivor benefit plan payments are fully deductible.

401(k) / IRA / other accounts: 401(k)/IRA distributions taxable if in federal AGI; eligible for the same $200 max retirement income credit (under $100,000 MAGI); early withdrawals do not qualify for the credit; no age-based exclusion.

Notes: HB 96 (2025 budget) cut the top rate from 3.5% to 3.125% for TY2025 and to a flat 2.75% for TY2026 and later; the 0% bracket below $26,050 is retained.

Source: tax.ohio.gov · 2025 (IT 1040 booklet TY2025; FAQ current; 2026 rate per HB 96 via ohiohouse.gov)

Oklahoma	Graduated 0–4.5%	**Not taxed**	Partial exclusion	Partial exclusion

Income tax: graduated 0–4.5% (TY2026 under HB 2764: single 0% to $3,750, 2.5% to $4,900, 3.5% to $7,200, 4.5% above; joint thresholds doubled at $7,500/$9,800/$14,400)

Social Security: not taxed (benefits in federal AGI subtracted on Schedule 511-A)

Pensions: Up to $10,000 exclusion per person for government/civil service pensions (federal civil service, Oklahoma state/local public systems) and up to $10,000 for other qualified retirement income (401, 403(b), 408 IRAs, 457); combined cap $10,000 per person; no age requirement; capped at amount in federal AGI. Military retirement: 100% exempt since TY2022.

401(k) / IRA / other accounts: 401(k)/IRA withdrawals qualify for the same $10,000-per-person retirement income exclusion (shared with any government pension exclusion); no age threshold; amounts above $10,000 taxed at ordinary rates.

Notes: HB 2764 (2025) replaced the 0.25%–4.75% six-bracket schedule with a 0%/2.5%/3.5%/4.5% schedule starting TY2026, with a trigger allowing a further 0.25% across-the-board cut when revenue targets are met (certified each February).

Source: oklahoma.gov · 2026 (OTC help center; 2025 Legislative Update PDF for HB 2764 rates)

Oregon	Graduated 4.75–9.9%	**Not taxed**	Taxed	Taxed

Income tax: graduated 4.75–9.9% (2026 estimated indexed brackets: single 4.75% to $4,550, 6.75% to $11,400, 8.75% to $125,000, 9.9% above; joint thresholds $9,100/$22,800/$250,000)

Social Security: not taxed (SS and Tier 1 Railroad Retirement subtracted in full)

Pensions: Public and private pensions taxable at ordinary rates; no general exclusion. Federal government pension income attributable to service before October 1, 1991 is subtractable (prorated). Retirement income credit of 9% of qualifying pension income for taxpayers age 62+, limited to base of $7,500 single/$15,000 joint reduced by Social Security received and by household income over $15,000; available only if household income plus SS is $22,500 or less single / $45,000 joint (limits not indexed). Military retirement has no separate exemption beyond the pre-1991 federal service subtraction.

401(k) / IRA / other accounts: 401(k)/IRA withdrawals fully taxable; 401(k), 457 and IRA income counts as qualifying pension income for the age-62+ retirement income credit above (effectively limited to low-income filers).

Notes: 2026 rate chart figures are DOR estimates from Publication OR-ESTIMATE 2026; the retirement income credit (ORS 316.157) was under sunset review in the 2025 session (extension cost ~$400K/yr) and should be confirmed for TY2026.

Source: www.oregon.gov · 2026 (OR-ESTIMATE 2026; credit rules from Oregon LRO 2025 Tax Credit Review and DOR PIT page)

Pennsylvania	Flat 3.07%	**Not taxed**	Mostly exempt	Mostly exempt

Income tax: flat 3.07%

Social Security: not taxed

Pensions: Public and private pensions not taxed when paid from an eligible employer-sponsored retirement plan after meeting the plan's retirement age or years-of-service requirements (no fixed statutory age; plan terms control); SERS, PSERS, municipal, federal civil service and uniformed services retired pay all exempt; no dollar cap.

401(k) / IRA / other accounts: 401(k) distributions after plan retirement age exempt; IRA (traditional and Roth) distributions exempt after age 59½ (or on death/disability); premature withdrawals before 59½ are taxable to the extent they exceed previously taxed contributions (cost-recovery method); no dollar cap.

Notes: Pennsylvania taxes no retirement income for retirees who meet age/retirement conditions, but local earned income taxes may apply to wages; no 2026 changes identified.

Source: www.pa.gov · 2025 (PA PIT Guide, Gross Compensation; REV-581 Personal Income Tax brochure)

Rhode Island	Graduated 3.75–5.99%	Partially taxed	Partial exclusion	Partial exclusion

Income tax: graduated 3.75–5.99% (2026: 3.75% to $82,050; 4.75% to $186,450; 5.99% above)

Social Security: partially taxed (taxable SS benefits fully excludable once the taxpayer reaches Social Security full retirement age (66–67 by birth year) and federal AGI is at or below $107,000 single/HoH/MFS or $133,750 joint (2025 limits; 2026 limits not yet published); above the limit, taxable SS is fully taxed)

Pensions: Pension/annuity modification: up to $50,000 per person (raised from $20,000 starting TY2025) of federally taxable pension, 401(k), 403(b), 457(b) or annuity income excluded if taxpayer has reached SS full retirement age and federal AGI is within the same $107,000/$133,750 limits; joint filers may exclude up to $100,000 if both qualify. Military service pensions 100% deductible with no age or income test (since TY2023).

401(k) / IRA / other accounts: 401(k)/403(b)/457(b) distributions qualify for the $50,000 modification (full retirement age + AGI limits); traditional/Roth IRA, SEP-IRA and SIMPLE-IRA withdrawals do NOT qualify and are fully taxable.

Notes: The $50,000 pension/annuity modification took effect TY2025 (up from $20,000); 2026 bracket thresholds are from ADV 2025-22; 2026 modification income limits not yet published, so 2025 limits are shown.

Source: tax.ri.gov · 2026 (PUB 2026-01 Retirement Income Guide; ADV 2025-22 Inflation Adjustments for 2026 brackets)

South Carolina	Graduated 1.99–5.21%	**Not taxed**	Partial exclusion	Partial exclusion

STATE	STATE INCOME TAX	SOCIAL SECURITY	PENSIONS	401(K) / IRA

Income tax: graduated 1.99–5.21% (TY2026 under H.4216: 1.99% on taxable income under $30,000; 5.21% on $30,000 and above, less $966)

Social Security: not taxed

Pensions: Retirement income deduction: up to $3,000 under age 65 and up to $10,000 at age 65+ per taxpayer from qualified plans (public and private pensions, 401/403/408/457 plans); separate age 65+ deduction of up to $15,000 per person ($30,000 joint if both 65+) against any income, reduced by the retirement deduction claimed. Military retirement income 100% deductible at any age since TY2022 (reduces the other two deductions).

401(k) / IRA / other accounts: 401(k)/IRA withdrawals qualify for the same $3,000 (under 65) / $10,000 (65+) retirement income deduction, and the age 65+ $15,000 deduction can absorb additional IRA/401(k) income.

Notes: H.4216, signed March 30, 2026, replaces the three-bracket schedule (top 6.0% in 2025) with 1.99%/5.21% starting TY2026, decouples from federal standard/itemized deductions with a new SC Income Adjusted Deduction ($15,000 single/$30,000 joint, income-phased), and preserves existing SC-specific deductions; 2026 trigger allows further top-rate cuts from TY2027.

Source: dor.sc.gov · 2026 (SCDOR H.4216 notice; 2025 SC1040 instructions for deductions)

South Dakota

None | Not taxed | Not taxed | Not taxed

Income tax: none

Social Security: not taxed

Pensions: Not taxed (no state income tax on public or private pensions).

401(k) / IRA / other accounts: Not taxed (no state income tax on 401(k)/IRA withdrawals).

Notes: South Dakota imposes no individual income tax; revenue comes from sales and property taxes.

Source: dor.sd.gov · 2026

Tennessee

None | Not taxed | Not taxed | Not taxed

Income tax: none

Social Security: not taxed

Pensions: Not taxed (no state income tax on pensions; the former Hall tax on interest/dividends never applied to pension income and was fully repealed for tax years beginning January 1, 2021).

401(k) / IRA / other accounts: Not taxed (401(k)/IRA distributions were never subject to the Hall tax, which is now repealed).

Notes: The Hall Income Tax on interest and dividends was repealed effective TY2021, leaving Tennessee with no tax on any individual income.

Source: revenue.support.tn.gov · 2021 repeal (TN DOR Hall Income Tax page, current)

Texas

None | Not taxed | Not taxed | Not taxed

Income tax: none

Social Security: not taxed

Pensions: Not taxed (no state personal income tax).

401(k) / IRA / other accounts: Not taxed (no state personal income tax).

Notes: The Texas Constitution requires voter approval before any personal income tax could take effect; Texas relies on sales and property taxes.

Source: tlc.texas.gov · Texas Legislative Council, Texas Taxes Overview (current edition)

Utah

Flat 4.5% | Partially taxed | Taxed | Taxed

Income tax: flat 4.5% (lowered from 4.55% by HB 106 effective TY2025; no 2026 rate change published by the Tax Commission as of the Jan/May 2026 updates)

Social Security: partially taxed (benefits in federal AGI are taxed, offset by a nonrefundable Social Security benefits credit equal to the tax on those benefits; since TY2025 (SB 71) the credit phases out at 2.5% of state taxable income above $54,000 single / $90,000 joint-HoH / $45,000 MFS)

Pensions: Public and private pensions fully taxable at 4.5%; no exclusion. Retirement credit of up to $450 per person ($900 joint) only for taxpayers born on or before December 31, 1952, phased out at 2.5% of modified AGI above $25,000 single/$32,000 joint/$16,000 MFS; cannot be combined with the SS or military credits. Military retirement credit offsets Utah tax on military retirement pay in AGI (effectively exempt).

401(k) / IRA / other accounts: 401(k)/IRA withdrawals fully taxable at 4.5%; only relief is the $450 retirement credit for those born before 1953 (low income phase-out).

Notes: SB 71 (2025) raised the Social Security credit phase-out thresholds (from $45,000/$75,000 to $54,000/$90,000) and switched the test to state taxable income; HB 60 adds a 2026 subtraction for repaid Social Security previously taxed.

Source: files.tax.utah.gov · 2026 (Utah State Tax Commission Jan 2026 update; TC-40 2025 instructions; incometax.utah.gov retirement credit page)

Vermont

Graduated 3.35–8.75% | Partially taxed | Taxed | Taxed

Income tax: graduated 3.35–8.75% (2025 schedule: single 3.35% to $49,400, 6.6% to $119,700, 7.6% to $249,700, 8.75% above; joint 3.35% to $82,500, 6.6% to $199,450, 7.6% to $304,000, 8.75% above; 2026 brackets are inflation-indexed with the same rates)

Social Security: partially taxed (full exemption of taxable SS benefits for AGI up to $55,000 single/HoH/MFS or $70,000 joint; phases out to zero at $65,000 single / $80,000 joint; thresholds raised $5,000 by S.51 effective TY2025)

Pensions: Public and private pensions taxable; no general exclusion. Military retirement and survivor benefits: 100% exempt for AGI up to $125,000, phasing out at $175,000 (the former $10,000 cap removed by S.51, TY2025+), and may now be combined with the SS exemption. Federal CSRS and other non-SS-covered government retirement systems: first $10,000 exempt for AGI up to $55,000 single / $70,000 joint (phase-out $10,000 above), only one of the SS/CSRS/other-system exemptions may be claimed.

401(k) / IRA / other accounts: 401(k)/IRA withdrawals fully taxable at graduated rates; no exclusion or age threshold.

Notes: S.51 (2025) raised Social Security/CSRS exemption thresholds by $5,000 and uncapped the military retirement exemption up to $125,000 AGI, retroactive to January 1, 2025; 2026 rate schedule PDF not retrievable, so 2025 brackets are shown.

Source: tax.vermont.gov · 2025 (VT Dept. of Taxes SS Exemption page TY2025; 2025 Tax Rate Schedules; S.51 as passed)

STATE	STATE INCOME TAX	SOCIAL SECURITY	PENSIONS	401(K) / IRA

Virginia

Graduated 2–5.75% | **Not taxed** | Partial exclusion | Partial exclusion

Income tax: graduated 2–5.75% (2% to $3,000; 3% to $5,000; 5% to $17,000; 5.75% over $17,000; unchanged for 2026)

Social Security: not taxed (taxable SS and Tier 1 Railroad Retirement subtracted in full)

Pensions: Public and private pensions taxable; no general pension exclusion. Age deduction: up to $12,000 per person for those born on or before January 1, 1939; for those born January 2, 1939 through January 1, 1961 (age 65+), the $12,000 is reduced $1-for-$1 by adjusted federal AGI (AGI minus taxable SS) over $50,000 single / $75,000 married. Military retirement and survivor benefits subtraction: up to $40,000 per eligible spouse for TY2025 and later (phased in from $20,000 in 2023), no age requirement, stackable with the age deduction.

401(k) / IRA / other accounts: 401(k)/403(b)/traditional IRA withdrawals fully taxable at graduated rates; only relief is the income-phased $12,000 age deduction for taxpayers 65+ (born on/before Jan 1, 1961 for TY2025); qualified Roth distributions not taxed.

Notes: Military benefits subtraction reached its full $40,000 cap in TY2025 (age-55 requirement removed in TY2024); Virginia is a fixed-date conformity state so verify federal conformity changes for 2026.

Source: www.tax.virginia.gov · 2025 (Virginia Tax subtractions page; 2025 Form 760 instructions; Military Benefits FAQ)

Washington

None | **Not taxed** | **Not taxed** | **Not taxed**

Income tax: none

Social Security: not taxed

Pensions: Not taxed (no individual income tax).

401(k) / IRA / other accounts: Not taxed; Washington's 7% capital gains excise tax (9.9% on gains over $1 million from 2025) explicitly excludes transactions inside 401(k)s, IRAs, Roth IRAs, deferred compensation and defined benefit/contribution plans.

Notes: DOR states Washington currently has no individual income tax, but a 9.9% tax on individuals and joint filers with AGI above $1 million is scheduled to begin in 2028 and could affect very large retirement distributions.

Source: dor.wa.gov · 2026 (WA DOR Income tax page; capital gains tax FAQ)

West Virginia

Graduated 2.11–4.58% | **Not taxed** | Partial exclusion | Partial exclusion

Income tax: graduated 2.11–4.58% (TY2026 after the 5% across-the-board cut retroactive to January 1, 2026: 2.11% to $10,000; 2.81% to $25,000; 3.16% to $40,000; 4.22% to $60,000; 4.58% over $60,000; MFS thresholds halved)

Social Security: not taxed (TY2026 is the first year of a 100% decreasing modification for all filers; for AGI at or below $50,000 single / $100,000 joint the 100% exemption applied since TY2022, and above those thresholds it phased in at 35% in 2024 and 65% in 2025)

Pensions: Public and private pensions taxable; general senior modification of up to $8,000 of income from any source per person age 65+ or permanently disabled (taken as the greater of $8,000 or itemized modifications). Up to $2,000 deduction for WV Teachers Retirement, WV Public Employees Retirement and federal retirement (CSRS/FERS) benefits at any age; 100% exemption for WV state/local police, deputy sheriff and firefighter retirement systems; military retirement pay (DFAS) 100% exempt.

401(k) / IRA / other accounts: 401(k)/IRA withdrawals fully taxable; only relief is the $8,000 age 65+ senior modification per person.

Notes: HB 4880 (2024) completed the Social Security phase-out in TY2026 and W. Va. Code §11-21-4j (effective June 12, 2026) cut all 2026 rates by 5% from the prior 2.22%–4.82% schedule, with updated withholding tables for 2026.

Source: tax.wv.gov · 2026 (WV Tax Division 2026 Income Tax Rate Cut page; Social Security Modification page; TSD-413)

Wisconsin

Graduated 3.5–7.65% | **Not taxed** | Partial exclusion | Partial exclusion

Income tax: graduated 3.5–7.65% (four brackets: 3.5%, 4.4%, 5.3%, 7.65%; 2025 Act 15 widened the 4.4% second bracket, brackets indexed for 2026)

Social Security: not taxed

Pensions: New retirement income subtraction (TY2025+): up to $24,000 per person age 67+ ($48,000 joint if both 67+) of income from qualified retirement plans and IRAs, no income limit, but claiming it forfeits all Wisconsin tax credits for the year. Older subtraction: up to $5,000 per person age 65+ only if federal AGI under $15,000 single / $30,000 joint. Military and uniformed services retirement (including SBP, DFAS pay) 100% exempt; pre-1964 membership in specified Milwaukee/State Teachers/police/fire systems and CSRS exempt; federal TSP not exempt. Age 65+ filers also get an extra $250 deduction plus $700 personal exemption.

401(k) / IRA / other accounts: 401(k)/IRA withdrawals taxable but eligible for the $24,000-per-person (age 67+) subtraction, or the $5,000 (age 65+, low-income) subtraction; amounts above the cap taxed at graduated rates.

Notes: 2025 Wisconsin Act 15 (biennial budget) created the $24,000/$48,000 age-67+ retirement income exclusion starting TY2025 and expanded the 4.4% bracket; the credit forfeiture rule means filers must compare the exclusion against credits (e.g., homestead, married couple credit).

Source: www.revenue.wi.gov · 2026 (Publication 126, rev. 1/26; DOR Retired Persons FAQ)

Wyoming

None | **Not taxed** | **Not taxed** | **Not taxed**

Income tax: none

Social Security: not taxed

Pensions: Not taxed (no individual income tax).

401(k) / IRA / other accounts: Not taxed (no individual income tax).

Notes: Wyoming has neither an individual nor a corporate income tax; a property tax refund program for seniors is the main state-level retiree relief.

Source: www.wyo.gov · 2026

© 2026 Vida Wealth Group, Inc. Vida Wealth Group is a licensed insurance agency; it is not a registered investment advisor, broker-dealer, tax advisor or law firm. vidawealthgroup.com/retirement-income-tax-by-state