

A woman with blonde hair, wearing a light blue long-sleeved shirt and black leggings, is walking a small, scruffy dog on a leash in a grassy park. The background shows trees with yellowing leaves, suggesting autumn. The text is overlaid on the left side of the image.

You're on your own ...
But you're not alone.

The AVMA Trust stands with you

Discover the AVMA Trust Retirement Plan for Self-Employed Veterinarians

One Plan, Many Names

A one-participant 401(k) plan also can be called a:

- Solo 401(k)
- Solo K
- One-participant 401(k)
- Owner-only 401(k)
- Individual 401(k)

Being self-employed shouldn't mean you have to compromise when it comes to saving for retirement. That's why the AVMA Trust Retirement Plan includes a one-participant 401(k) option for professionals with no employees. This 401(k) plan is available to all self-employed AVMA members and their spouses and allows for both pre-tax and Roth contributions.

How does the plan work?

As a self-employed practitioner, you wear two hats. You are both business owner and employee, which means you can contribute in two ways:

- Employee elective deferrals
- Employer nonelective contributions

That means your total contributions for 2021 could be as much as \$58,000 (or \$64,500 if you are age 50 or older) from your income from self-employment.

Will I have support?

Yes. As a participant in the AVMA Trust Retirement Plan, you'll have access to an easy-to-navigate website and other educational resources to help keep your retirement plans on track. You'll also have the option to include an advisor in your plan who can help make the most of your retirement dollars.

Can I roll over an existing retirement account?

Yes. You have the same benefits that employees receive under an employer's 401(k) plan, including the ability to roll over other qualified retirement accounts, make catch-up contributions up to established limits, and borrow from your account.

Ready to learn more?

Call: **888-310-7605**

Email: AVMATrustRetirementPlan@transamerica.com