

Retire-at-62 Bridge Worksheets + Checklist

Free printable companion to *Retiring at 62* (2027 Edition)

James Ustby, CFP®, APMA®

How to use this download. Print it and fill it in with a pencil. Worksheet 1 maps the ages that matter and your yearly gap. Worksheet 2 compares Social Security starting ages. Worksheet 3 plans health coverage from 62 to 65. Worksheet 4 checks your Marketplace household income against the 400% line. Worksheet 5 is a year-by-year bridge ledger. Worksheet 6 is the "Is 62 right for me?" checklist. The reference tables and the calendar are copied from the book. Every figure and rule is explained, with its source, in *Retiring at 62*.

Important: This download is for educational purposes only and is not individualized investment, tax or legal advice. Filling it in does not create an advisory relationship. It does not guarantee any tax, premium or other result; confirm your numbers with your tax professional or financial advisor. The author and LPL Financial do not provide tax or legal advice. All figures are federal rules as of October 2026 and can change.

Securities offered through LPL Financial, Member FINRA/SIPC. Investing involves risk, including possible loss of principal.

Certified Financial Planner Board of Standards Center for Financial Planning, Inc. owns and licenses the certification marks CFP®, CERTIFIED FINANCIAL PLANNER®, and CFP® (with plaque design) in the United States to Certified Financial Planner Board of Standards, Inc. APMA® is a registered mark of the College for Financial Planning®.

© 2026 James Ustby. Free for personal use; please do not resell.

Worksheet 1: Gap Map and Budget

Year: _____

Map the ages that matter and the yearly gap (Chapter 1). Use today's dollars.

Person	Birth date	Turns 62	Turns 65	Full retirement age

A. Yearly spending, not counting health insurance

B. Yearly health insurance estimate (Worksheet 3)

C. Pension or other steady income

D. Yearly gap before Social Security: $A + B - C$

E. Years until Social Security starts

F. Total gap: $D \times E$

G. Where F will come from (savings, IRA, work)

Worksheet 2: Social Security Claiming Comparison

Year: _____

Use the full-retirement-age amount from your Social Security statement (Chapters 2 to 4).

Start age	Share	Monthly	Yearly	Notes

Full-retirement-age amount (mine / my spouse's)

At 62 (70%), at 67 (100%), at 70 (124%)

Spouse benefit at 62 (32.5% of worker's amount)

Survivor check if the higher earner claims at 62 / at 70

Will I earn above the earnings limit after claiming?

Start date I am considering, and why

Worksheet 3: Health Coverage Plan, 62 to 65

Year: _____

Plan coverage for each person, month by month (Chapters 5 to 9).

Person	From	To	Coverage	Monthly cost

Date employer coverage ends

COBRA election deadline (at least 60 days)

Marketplace window: 60 days before to 60 days after

Medicare sign-up window starts (3 months before the month I turn 65)

HSA balance and last month I can contribute

Worksheet 4: Marketplace Income Check

Year: _____

Estimate household income for the coverage year (Chapters 7 and 8).

A. Wages and self-employment profit

B. Taxable IRA, 401(k) and pension income

C. Interest (including tax-exempt) and dividends

D. Capital gains realized this year

E. All Social Security benefits (taxed or not)

F. Household income: $A + B + C + D + E$

G. 400% line for my household and year (Chapter 7 table)

H. Room: $G - F$ (not a target, just a check)

I. $F \div \text{poverty guideline} = \% \text{ of poverty level; expected share (Chapter 7)}$

Worksheet 5: Year-by-Year Bridge Ledger

Year: _____

One row per year from retirement to full retirement age (Chapter 13). Revisit every fall.

Age	Spending	Health	Cash from	Income

Cash reserve I keep for near-term spending

Years with Marketplace coverage (400% line applies)

Years that count for Medicare premiums (age 63 on)

Questions for my tax professional

Worksheet 6: "Is 62 Right for Me?" Checklist

Year: _____

Answer yes or no (Chapter 14). A "yes" means slow down and discuss it, not "never."

1. Do I lack a health coverage plan and cost for 62 to 65?

2. Would savings have to cover most of my spending for five years or more?

3. Is my yearly income close to the 400% line?

4. Would my spouse rely on my check as a survivor?

5. Might I live into my late 80s or 90s?

6. Will I keep earning well above the earnings limit?

7. Do I still have a mortgage or other debt payments?

8. Do my employer's rules reward staying longer?

9. Do I need particular doctors or costly prescriptions?

10. Would a market drop force me to sell in the first two years?

11. Have I reviewed my plan with a tax professional or advisor?

Monthly benefit by starting age, per \$1,000 at full retirement age 67 (before cost-of-living increases and SSA rounding)

Start at	Share of full amount	Per \$1,000
62	70%	\$700
63	75%	\$750
64	80%	\$800
65	86.67%	about \$867
66	93.33%	about \$933
67	100%	\$1,000
68	108%	\$1,080
69	116%	\$1,160
70	124%	\$1,240

The 400% line in dollars (48 states and D.C.)

Household	2026 coverage	2027 coverage
1 person	\$62,600	\$63,840
2 people	\$84,600	\$86,560

Expected contribution, as a share of household income

Household income (% of poverty level)	2026 coverage	2027 coverage
Under 133%	2.10%	2.15%
133% to 150%	3.14% to 4.19%	3.23% to 4.30%
150% to 200%	4.19% to 6.60%	4.30% to 6.78%
200% to 250%	6.60% to 8.44%	6.78% to 8.66%
250% to 300%	8.44% to 9.96%	8.66% to 10.22%
300% to 400%	9.96%	10.22%
Above 400%	No credit	No credit

62-to-65 calendar

When	What to do or check
12 months before you retire	Get your Social Security statement. Price COBRA and Marketplace plans. Ask about retiree coverage and plan withdrawal rules.
60 days before coverage ends	Marketplace special enrollment window opens.

When	What to do or check
After your job ends	COBRA notice due within 14 days (44 if your employer runs the plan); at least 60 days to elect.
60 days after coverage ends	Marketplace special enrollment window closes.
First month you are 62 all month	Earliest Social Security month.
Apr. 15, June 15, Sept. 15, 2026; Jan. 15, 2027	Estimated tax payments for tax year 2026.
October each year	Social Security announces next year's increase (3.6% for January 2027).
November 1 each year	Marketplace open enrollment starts; new income lines posted. Pick a plan by Dec. 15 for Jan. 1 coverage.
Fall	IRS releases next year's brackets; Medicare announces next year's premiums.
The year you turn 63	This year's income sets Medicare premiums at 65.
3 months before the month you turn 65	Medicare sign-up window opens.
65	Medicare starts. End the Marketplace plan. Stop HSA contributions.
67	Full retirement age. Earnings test ends.

Figures are federal rules for 2026 and 2027 as of October 2026; 2027 tax and Medicare figures not yet announced are not shown. Educational only; not individualized investment, tax, insurance or legal advice. The author and LPL Financial do not provide tax or legal advice. Securities offered through LPL Financial, Member FINRA/SIPC.