



Add extra,
watch it grow!

Super contributions

Your retirement savings will grow over the course of your working life, through contributions and investment earnings. And you can add more to your super (on top of the contributions your employer makes) to help give your super an extra boost before you start your next chapter (and even reduce your tax bill while you're at it).

Under super laws, employers must contribute a percentage of your salary into a super fund. Your super fund then invests this money in assets like shares, bonds, property and infrastructure to help it grow.

You can also give your super a boost by making extra contributions to your account, such as through salary sacrifice or personal contributions.

Please note that rules apply to accessing super, so you may not be able to access money you contribute for some time. For more information, you can read our *Access your super* fact sheet.

Contributing to super


Who can contribute to super?

There are many types of super contributions you can make to help your super grow. The type of contribution you can make will depend on your age and total super balance.

Contribution type by age

Your age	Contribution types accepted
Under 55	All contribution types accepted, except downsizer contributions.
55-74 ¹	All contribution types accepted.
75 ¹ or older	Only compulsory employer contributions and downsizer contributions accepted.

¹If you're turning 75, any contributions you make, other than compulsory employer and downsizer contributions, must be received by us no later than 28 days after the end of the month that you turn 75.



You must provide us with your tax file number (TFN) to make personal contributions and for us to receive spouse contributions for you.

Total super balance

Your 'total super balance' (across all super funds you participate in) impacts your eligibility to make some types of super contributions or to make contributions without incurring extra tax. It's generally worked out by adding together:

- the value of all your super accounts in the accumulation phase
- the value of all your super accounts in the retirement phase (i.e. that are paying you an income stream)

- amounts being transferred between super funds on 30 June

Any personal injury or structured settlement contributions that have been paid into your super funds should be deducted from your total super balance.

For more details on how these are calculated, refer to the Australian Taxation Office (ATO) by visiting ato.gov.au.

Contribution types

Super contributions are generally either before-tax (concessional) contributions or after-tax (non-concessional) contributions. The main difference is when you can make them and how they're taxed.

You can easily see how much contributions tax has been deducted from your account in **Member Online** and on your statements. For more details about tax, read our *How super works guide*, or visit ato.gov.au.

1.

Before-tax (concessional) contributions include:

- employer contributions, including super guarantee (SG) and other additional employer contributions
- salary sacrifice contributions (which are paid by your employer from your before-tax income)
- personal contributions for which you've successfully claimed a tax deduction

Before-tax contributions are generally subject to a tax rate of 15%. This is called a 'contributions tax'.

However, if the total of your income and before-tax contributions is over \$250,000 a year, you may pay an extra 15% on some or all of your before-tax contributions, as advised by the ATO.

Contributions tax is deducted from your account when employer contributions and salary sacrifice contributions are received. It's also deducted when you claim a tax deduction for personal contributions you've made.

If you earn \$37,000 or less you may be eligible to receive some or all of this tax back with the government's low income super tax offset. See page 4 for more information.

2.

After-tax (non-concessional) contributions include:

- personal contributions you haven't claimed a tax deduction for
- spouse contributions

Generally, you don't pay any contributions tax on after-tax contributions (as you or your spouse already paid income tax on these amounts).

We must have your TFN to receive personal and spouse contributions for you, and your total super balance (across all funds you participate in) must be less than \$2 million at 30 June 2025 for these contributions to be made in 2025-26 without paying extra tax.



There are caps on how much you can contribute to super.

If you go over these caps, you may pay extra tax. These are detailed in *Contribution caps* on page 6.

Employer contributions (compulsory)

You're eligible for SG contributions if you're over 18 and a full time, part time or casual employee. If you're aged under 18, you must work for more than 30 hours per week to qualify.

If you're eligible for SG, your employer must pay 12% of your earnings to a complying super fund on your behalf at least quarterly.

In addition to SG contributions, your employer may be required to pay contributions under an award, industrial agreement, or employment contract.

There's a limit on the income that your employer must pay SG contributions on. This is called the maximum contribution base. For 2025-26 it's \$62,500 a quarter. If your ordinary time earnings are higher than \$62,500 in a quarter, your employer doesn't have to pay SG contributions for earnings above this limit (unless required under an award or agreement).

Most people can choose which super fund to join, though sometimes your fund is determined by the terms of your employment.

When you start a new job, you can tell your employer which fund you want your super paid into. If you don't tell them, they'll check with the ATO to see if you already have a super account which your employer's contributions must be paid into (referred to as your 'stapled fund'). If you do, they'll pay your super into that account. If you don't have an existing super account, the employer will open a new one for you with their nominated MySuper authorised default super fund. You'll stay with your stapled fund for the rest of your working life unless you choose to change funds (which you can do at any time).

Salary sacrifice contributions

With salary sacrifice, you have an arrangement with your employer to pay some of your before-tax income into your super, on top of the usual SG contributions.

The two main benefits of salary sacrificing are:

1. your super grows faster with the extra super contributions
2. you may pay less tax - a salary sacrifice arrangement reduces your taxable income, meaning you may pay less tax on your income. Generally, salary sacrifice contributions are taxed at a rate of 15% instead of your marginal income tax rate

You should check with your employer to see if they offer salary sacrifice arrangements.

For details, read our *Salary sacrifice and super* fact sheet.

Personal contributions

Personal contributions are voluntary payments made from your take-home pay or savings. These can be one-off payments or regular payments.

You may be eligible for a government co-contribution if you don't claim a tax deduction. Income limits and eligibility criteria apply.

The easiest way to make personal contributions to super is through BPAY®. You can find your biller code and reference number in **Member Online**, in the CareSuper app and your member statements.

Please note personal and spouse contributions have different biller codes and reference numbers, and we don't accept BPAY payments from a credit card. The maximum amount you can contribute in a single payment using BPAY is \$120,000.

You can also make personal contributions via cheque. Make your cheque payable to 'CareSuper' and attach a completed *Make a super contribution* form.

©Registered to BPAY Pty Ltd ABN 69 079 137 518.

Claiming a tax deduction for personal contributions

If you make personal contributions to your account, you may be eligible to claim a tax deduction for some or all of these amounts, meaning you may pay less income tax.

Any personal contributions you successfully claim a tax deduction for will count towards your before-tax (concessional) cap. You'll also have to pay contributions tax on the amount you've claimed a deduction for - this will be deducted from your account once we accept your tax deduction claim.

You can't receive a government co-contribution for personal contributions you've claimed a tax deduction for.

If you're 67 or over but under 75, you'll need to satisfy the work test if you want to claim this tax deduction. This means you must work at least 40 hours in a consecutive 30-day period during the financial year you made the personal contributions.

You may be able to access a limited exemption to the work test if you meet all of the following:

- satisfied the work test in the financial year before the year you made the contribution
- had a total super balance (across all funds you participate in) of less than \$300,000 on 30 June of the previous financial year
- haven't used this limited work test exemption previously

For more details, including what's required to successfully claim a tax deduction, read our *Claiming tax deductions for contributions* fact sheet.

Spouse contributions

A spouse contribution is an after-tax contribution made into the super fund of an eligible spouse (including a de facto partner). It's a great way to help grow each other's super, particularly if one partner takes a break from work or earns much less than the other.

Plus, it can have tax benefits. If the receiving spouse earns less than \$40,000 a year, the contributing spouse may be eligible to claim a tax offset of up to \$540 on some or all the money they contribute to their partner's super.

Conditions apply. For details, read our *Boost your spouse's super* fact sheet.

Contribution splitting

Like spouse contributions, contribution splitting allows couples to help boost each other's super.

With contribution splitting, you can transfer up to 85% of your eligible before-tax contributions into your spouse's super to boost their retirement savings (or vice versa).

Conditions apply. For details, read our *Boost your spouse's super* fact sheet.



Spouse contributions VS contribution splitting?

Spouse contributions are made from after-tax money (such as savings) into a partner's account. Contribution splitting involves moving before-tax contributions from a person's super account into their spouse's super account. Contribution splitting doesn't qualify for a tax offset.

Downsizer contributions

If you're 55 or over and sell your family home, you may be able to put up to \$300,000 of the sale proceeds into super. Couples can contribute up to \$600,000 (\$300,000 to each of their accounts). You or your spouse must have owned your home for at least ten years, and further conditions apply.

For details, read our *Thinking of downsizing your home?* fact sheet.

Government contributions

Co-contributions

If your total income is less than \$62,488 in the 2025-26 financial year and you make after-tax (non-concessional) contributions to super, the government may give your super a boost.

This is known as a co-contribution, and means you get more for adding a little extra to your super each year.

The amount of co-contribution you could receive depends on your income and how much you contribute to super.

For every \$1 you contribute from your after-tax earnings (up to \$1,000 each financial year), the government may contribute up to 50 cents. That's up to \$500 extra in your super each year.

To get the maximum \$500 co-contribution, your total income needs to be equal to or below \$47,488 in the 2025-26 financial year.

The co-contribution amount you could receive reduces for every dollar you earn over \$47,488 and cuts out completely once your total income goes above \$62,488. Conditions apply. For more details, read our *Boosting your super with government help* fact sheet.

Low income super tax offset (LISTO)

If you earn \$37,000 or less in a financial year, you could be eligible for a LISTO payment from the government.

The LISTO is a reimbursement of any contributions tax paid on your before-tax super contributions. It's equal to 15% of any before-tax (concessional) contributions paid into your super and is reimbursed to your super account. For each financial year that you're eligible for a LISTO payment, the maximum amount you can receive is \$500, and the minimum is \$10.

Conditions apply. For details, read our *Boosting your super with government help* fact sheet.



Re-contribution of COVID-19 early release amounts

If you withdrew money from your super under the COVID-19 early release of super program in 2020, you can re-contribute this amount back into super as a personal after-tax contribution without it counting towards your after-tax (non-concessional) cap.

To re-contribute early release payments into your super:

1. Fill out and send us a *Notice of re-contribution of COVID-19 early release amounts (NAT 75394)* form before or when you make the payment.
2. Make a personal contribution to your account.

To make sure your contribution is counted as a COVID-19 early release re-contribution, you must fill out this form every time you make a re-contribution (before or when you make the payment). If you don't, your contribution will count towards your after-tax (non-concessional) cap.

The re-contribution will count towards your transfer balance cap (this is a lifetime limit on the total amount of super that can be transferred into retirement phase income streams) and your total super balance, which are recalculated on 30 June each year. Re-contributions can be made until 30 June 2030, and can't exceed the total amount of super you accessed under the COVID-19 early release program. Please note you can't claim a tax deduction for personal contributions made as a COVID-19 re-contribution.

Personal injury payments

You may be able to contribute some or all of an eligible personal injury payment, otherwise known as structured settlements, to super without it contributing towards your after-tax (non-concessional) cap.

Eligible payments may include:

- a payment made under a written settlement agreement regarding a claim for damages for personal injury or a court order for such a claim
- a workers compensation payment taken as a lump sum

You must notify us before or when you make the contribution using the ATO's *Contributions for personal injury election (NAT 71162)* form.

Time limits and conditions apply. For more details, visit ato.gov.au.

Capital gains tax cap elections

If you make a personal super contribution using the capital proceeds of the sale of certain small business assets, you can choose to exclude them from your after-tax (non-concessional) cap.

You can only do this when one of the following capital gains tax (CGT) concessions applies to you:

- **the small business 15 year exemption** – a total exemption for a capital gain on a CGT asset if you've continuously owned the asset for at least 15 years (age limits and other conditions may apply)
- **the small business retirement exemption** – an exemption for capital gains up to a lifetime limit of \$500,000 (reduced by any previous CGT exempt amounts you've had disregarded under the retirement exemption)

The conditions and the other eligibility rules for the small business CGT concessions are complex, so you may need to seek professional advice.

Make sure to check your eligibility before making this election. You'll also need to notify us before or when you make the contribution using the ATO's *Capital gains tax cap election (NAT 71161)* form.

For more information, visit ato.gov.au.



You should consider seeking advice on what's right for you.

Contribution caps

There are limits to how much you can contribute to super each financial year without incurring additional tax. These are known as contribution caps.

There are two caps to be aware of: a before-tax (concessional) cap and an after-tax (non-concessional) cap. If you go over these caps, you'll generally pay extra tax.

Type of contribution	Contribution caps 2025-26
Before-tax (concessional)	\$30,000
After-tax (non-concessional)	\$120,000 ²

²You can't make any after-tax contributions in 2025-26 without incurring extra tax if your total super balance (across all funds you participate in) was \$2 million or more at 30 June 2025.

Contribution caps apply to the total of all your super accounts (across all super funds you participate in). If you have more than one account, you need to add up the contributions you've made across all accounts to see if you've stayed under the caps. You should check with your other funds, even if they've been transferred to CareSuper since the contributions were made.

If your super contributions in a financial year exceed the applicable contributions caps, you may need to pay additional tax. The ATO will let you know how to do this.

Read our *How super works guide* or call us on **1800 005 166** for more details about tax on contributions and treatment of excess contribution.

What doesn't count towards the caps

The following types of contributions don't count towards your contribution caps:

- ATO co-contributions
- LISTO
- rollovers
- downsizer contributions
- First home super saver scheme withdrawals that have been re-contributed due to failure to purchase a home
- contributions arising from proceeds of certain personal injury settlements
- sale proceeds and/or capital gains from certain disposals of qualifying small business assets up to the capital gains tax cap
- eligible re-contribution of COVID-19 early release amounts



You should keep an eye on your super contributions to make sure you don't go over the contributions caps and have to pay more tax.

Carry-forward of unused before-tax contributions

If you had less than \$500,000 in super (your 'total super balance' across all funds you participate in) at the end of the previous financial year, and you didn't use all your before-tax (concessional) caps in any financial year since 1 July 2020, you may be able to contribute more than the general concessional contributions cap. This could allow you to make additional concessional contributions for any unused amounts carried forward from prior years.

This is a great option if you have irregular income and want to put more into your super some years, but not others.

Unused carry-forward amounts expire after five years.

For example:

If you made before-tax contributions of \$20,000 in the 2024-25 financial year, you can 'carry forward' the unused \$10,000 from the \$30,000 before-tax (concessional) cap that applied in 2024-25.

This means that you can make before-tax contributions of up to \$40,000 in 2025-26 (i.e. you can use the full \$30,000 cap for 2025-26 as well as the \$10,000 carried forward from 2024-25).

Bring forward rule for after-tax contributions

If you're under 75 at any time during the financial year and your total super balance (across all funds you participate in) was less than \$2 million at 30 June 2025, you may be able to bring forward up to two years' worth of after-tax contributions in 2025-26.

If eligible, you could contribute up to three times the annual after-tax (non-concessional) cap in one year (but less in future years).

This could be useful if you've reached your after-tax cap but have extra cash to put into super, such as an inheritance or proceeds from the sale of a large asset.

The 'bring-forward rule' is automatically triggered when your after-tax contributions exceed the relevant cap in the relevant financial year.

If you contribute the full bring-forward amount (three times the annual limit) in the first year of the three-year period, you won't be able to make any after-tax contributions in the next two years without incurring additional tax.

Your total super balance determines your after-tax (non-concessional) cap and the bring-forward period you can use if you trigger the bring-forward rule for the first time in 2025-26 (see the table below).

Total super balance as at 30 June 2025	After-tax (non-concessional) cap and bring-forward available
Less than \$1.76 million.	\$360,000 over three years
\$1.76 million to less than \$1.88 million.	\$240,000 over two years
\$1.88 million to less than \$2 million.	\$120,000 cap over one year
\$2 million or more.	\$0

If your total super balance was \$2 million or more at 30 June 2025, you can't make any after-tax contributions in 2025-26 without incurring extra tax. However, a downsizer contribution (see page 4) may still be made.

If you've triggered the bring-forward rule before 1 July 2025, the amount (if any) you can contribute in 2025-26 will be different, depending on your circumstances.



Need advice?

We're here to help you make the most of your super. You can access general information, education, and personal advice about your CareSuper account at no extra cost.

If you need advice on your entire financial situation or have more complex needs, we can assist with that too. There might be an additional cost, but we'll explain any fees upfront, and you'll only pay for the services you agree to.

For more details, visit caresuper.com.au/advice.

 All our forms and publications are available at caresuper.com.au/forms or call us, and we'll send you a copy.

Here to help

1800 005 166 (+61 3 7042 2723 if overseas)
caresuper.com.au

 info@caresuper.com.au  GPO Box 1547 Hobart TAS 7001



This document contains general information only and doesn't take into account your objectives, financial situation or needs. Before making a decision about CareSuper, you should consider if this information is right for you. You may also wish to consult a licensed financial adviser. Consider the PDS and TMD at caresuper.com.au/pds. Any advice provided in this document is provided by CareSuper Advice Pty Ltd ABN 78 102 167 877, AFSL 284443. A copy of the *Financial services guide* for CareSuper is available at caresuper.com.au/fsg.

All information, rates and/or fees are current at the time of production and are subject to change. Changes to government legislation and super rules made after this time may affect the accuracy of the information provided. You may wish to obtain professional advice before acting on any of the information contained in this document.

Issuer is CareSuper Pty Ltd ABN 14 008 650 628, AFSL 238718, the trustee of CareSuper ABN 74 559 365 913.

FSMC007 07/2025