Can I let the Board know the age that I want to start my monthly payouts before I turn 65? We do not accept instructions to start monthly payouts before you turn 65. This is because everyone's retirement needs and circumstances are unique, and may change anytime from now till 65. You can submit your instructions to start your monthly payouts three months before you turn 65, up to 70. We will notify you three months before you reach 65, to guide you in exploring what your monthly payout options are.