

Benefit Contribution Limits

	2023	2024
Healthcare & Limited Flexible Spending Accounts (FSA)		
Annual Maximum	\$3,050	\$3,200
Carryover Maximum	\$610	\$640
Dependent Care Flexible Spending Accounts (FSA)		
Self/Married Annual Maximum	\$5,000	\$5,000
Married, but Filing Separately Annual Maximum	\$2,500	\$2,500
Commuter Benefit Accounts (Transit & Parking)		
Monthly Maximum	\$300	\$315
Health Savings Accounts (HSA)		
Individual Annual Maximum	\$3,850	\$4,150
Family Annual Maximum	\$7,750	\$8,300
Catch-up Maximum	\$1,000	\$1,000
HDHP Qualified Plan		
Individual Annual Maximum	\$1,500	\$1,600
Family Annual Maximum	\$3,000	\$3,200