

Benefit Contribution Limits

	2024	2025
Healthcare & Limited Flexible Spending Accounts (FSA)		
Annual Maximum	\$3,200	\$3,300
Carryover Maximum	\$640	\$660
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	\$315	\$325
Health Savings Accounts (HSA)		
Individual Annual Maximum	\$4,150	\$4,300
Family Annual Maximum	\$8,300	\$8,550
Catch-up Maximum	\$1,000	\$1,000
HDHP Deductible Limits		
Individual Minimum Deductible	\$1,600	\$1,650
Family Minimum Deductible	\$3,200	\$3,300