

Benefit Contribution Limits

	2022	2023
Healthcare & Limited Flexible Spending Accounts (FSA)		
Annual Maximum	\$2,850	\$3,050
Carryover Maximum	\$570	\$610
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	\$280	\$300
Health Savings Accounts (HSA)		
Individual Annual Maximum	\$3,650	\$3,850
Family Annual Maximum	\$7,300	\$7,750
Catch-up Maximum	\$1,000	\$1,000
Adoption Assistance		
	\$14,890	\$15,950