

Limit	2022	2023	Change
<b>HSA Contribution Limit</b>			
Self-only	\$3,650	\$3,850	Up \$200
Family	\$7,300	\$7,750	Up \$450
Catch-up contributions*	\$1,000	\$1,000	No change
<b>HDHP Minimum Deductible</b>			
Self-only	\$1,400	\$1,500	Up \$100
Family	\$2,800	\$3,000	Up \$200
<b>HDHP Out-of-Pocket Maximum</b>			
Self-only	\$7,050	\$7,500	Up \$450
Family	\$14,100	\$15,000	Up \$900
<b>Health FSA</b>			
Limit on employees' pre-tax contributions	\$2,850	\$3,050	Up \$200
Carryover limit	\$570	\$610	Up \$40
<b>Dependent Care FSA*</b>			
Tax exclusion	\$5,000 (\$2,500 if married and filing taxes separately)	\$5,000 (\$2,500 if married and filing taxes separately)	No change
<b>Transportation Fringe Benefits (Monthly Limits)</b>			
Transit pass and vanpooling (combined)	\$280	\$300	Up \$20
Parking	\$280	\$300	Up \$20
<b>401(k) Contributions</b>			
Employee elective deferrals	\$20,500	\$22,500	Up \$2,000
Catch-up contributions	\$6,500	\$7,500	Up \$1,000
Limit on total contributions	\$61,000	\$66,000	Up \$5,000
<b>Adoption Assistance Benefits</b>			
Tax exclusion	\$14,890	\$15,950	Up \$1,060

\*Limits that are not adjusted for inflation