

Employee Benefit Plan Limits for 2024



Limit	2024	2023	Change
HSA Contribution Limit			
Individual	\$4,150	\$3,850	↑ \$300
Family	\$8,300	\$7,750	↑ \$550
Catch-Up Contributions*	\$1,000	\$1,000	=
HDHP Minimum Deductible			
Individual	\$1,600	\$1,500	↑ \$100
Family	\$3,200	\$3,000	↑ \$200
HDHP Out-of-Pocket Maximum			
Individual	\$8,050	\$7,500	↑ \$550
Family	\$16,100	\$15,000	↑ \$1,100
Health FSA			
Limit on Employees' Pre-Tax Contributions	\$3,200	\$3,050	↑ \$150
Carryover limit	\$640	\$610	↑ \$30
Dependent Care FSA*			
Tax Exclusion	\$5,000 (\$2,500 if married and filing taxes separately)	\$5,000 (\$2,500 if married and filing taxes separately)	=
Transportation Fringe Benefits (Monthly Limits)			
Qualified Transportation Fringe Benefit and Qualified Parking	\$315	\$300	↑ \$15
401(k) Contributions			
Employee Elective Deferrals	\$23,000	\$22,500	↑ \$500
Catch-Up Contributions	\$7,500	\$7,500	=
Limit on Total Contributions	\$69,000	\$66,000	↑ \$3,000
Adoption Assistance Benefits			
Tax Exclusion	\$16,810	\$15,950	↑ \$860

*Limits that are not adjusted for inflation