



## 2023 IRS Contribution and Out-of-Pocket Limits

For Flexible Spending Accounts and Health Savings Accounts

<b>Medical Flexible Spending Account</b>	<b>2022</b>	<b>2023</b>
Medical FSA Contribution Limit	\$2,750	\$3050
Medical FSA Carryover Limit	\$570	\$610

<b>Health Savings Account</b>	<b>2022</b>	<b>2023</b>
Self-only HSA Contribution Limit	\$3,650	\$3,850
Family HSA Contribution Limit	\$7,300	\$7,750

<b>HSA catch-up contributions (age 55 and older)</b>	<b>2022</b> An additional \$1,000	<b>2023</b> An additional \$1,000
HDHP Minimum Deductibles	Self Only: \$1,400 Family: \$2,800	Self Only: \$1,500 Family: \$3,000
HDHP Maximum Out-of-Pocket Amounts	Self Only: \$7,050 Family: \$14,100	Self Only: \$7,500 Family: \$15,000

**Insurance, Benefits and Consulting  
With a Purpose**

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