



2023 BENEFIT PLAN LIMITS

Retirement Plan Limit Changes

	2022	2023
401K employee elective deferral	\$20,500	\$22,500
Employee catch-up contribution (age 50 or older by year-end)	\$6,500	\$7,500

Health Savings Accounts (HSAs) and High-Deductible Health Plans (HDHPs)

	2022	2023
HSA Contribution Limit (includes \$600 Employer contribution)	Self only: \$3,650 Family: \$7,300	Self only: \$3,850 Family: \$7,750

Health Care Flexible Spending Accounts (FSAs)

	2022	2023
Maximum salary deferral	\$2,850	\$3,050