

Federal Employee Benefits Plan Limits Updated for 2023

October 19, 2022

Federal law sets annual limits on various tax-preferred employee benefit plans. The IRS updates benefit limits periodically throughout the year. On October 18, 2022, the Internal Revenue Service (IRS) released [Revenue Procedure 2022-38](#) updating limits for Flexible Spending Accounts (FSAs), commuter benefits, and other important benefits for 2023. The following chart compares the 2022 and 2023 limits for the most common types of plans and benefits.

Benefits Plan Limits Comparison (2022-2023)				
Taxable Wage Base	2022		2023	
Social Security Old Age, Survivors, and Disability Insurance (OASDI)	\$147,000		\$160,200	
Medicare (Part A, hospitalization)	Unlimited		Unlimited	
Health Flexible Spending Accounts (Health FSA)	2022		2023	
Health FSA Maximum Contribution (per plan year)	\$2,850		\$3,050	
Health FSA Maximum Carryover (per plan year)	\$570		\$610	
Health Savings Accounts (HSA)	2022		2023	
	Self-Only	Family	Self-Only	Family
HSA Maximum Contribution	\$3,650	\$7,300	\$3,850	\$7,750
HSA Maximum "Catch-Up" Contribution (age 55 or older)	\$1,000	\$1,000	\$1,000	\$1,000
High-Deductible Health Plan (HDHP) Minimum Deductible	\$1,400	\$2,800	\$1,500	\$3,000
HDHP Embedded Minimum Deductible	N/A	\$2,800	N/A	\$3,000
HDHP Maximum Out-of-Pocket	\$7,050	\$14,100	\$7,500	\$15,000
Qualified Transportation Benefits	2022		2023	
Parking	\$280/month		\$300/month	
Transit Pass/Commuter Vehicle	\$280/month		\$300/month	

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