




# Contribution limits

The IRS sets limits to how much you, your family, and your employer can contribute towards an HSA each year. These are the limits for the **2026** calendar year.

Individual: \$4,400	Family: \$8,750	Catch Up (55+): +\$1,000
		

**Learn more:** [livelyme.com/blog/hsa-contribution-limits](https://livelyme.com/blog/hsa-contribution-limits)

# Contribution limits

The IRS sets limits to how much you, your family, and your employer can contribute towards an FSA each year. These are the limits for **2026**.



## General Purpose FSA (Healthcare)

Up to **\$3,400**

(Does not include employer contributions or carryover amounts)



## Limited Purpose FSA

Up to **\$3,400**

(Does not include employer contributions or carryover amounts)



## Dependent Care FSA

Up to **\$3,750**

If married and filing separately

Up to **\$7,500**

If single or married and filing jointly