

As of October 15, 2025, these changes can take effect for plan years beginning on or after January 1, 2026:

Benefit	2026	2025	Change
FSA Contribution Limit	\$3,400 (Annual Election)	\$3,300 (Annual Election)	+ \$100
FSA Carryover Limit	\$680	\$660	+ \$20
Dependent Care FSA	\$7,500 (Annual Election)	\$5,000 (Annual Election)	+ \$2,500
Parking / Transit Limit	\$340 (Monthly Election)	\$325 (Monthly Election)	+ \$15
HSA Contribution Limit	*\$4,400 / \$8,750 (Single / Family)	*\$4,300 / \$8,550 (Single / Family)	Self-only: + \$100 Family: + \$200
HSA Minimum Annual Deductible	\$1,700 / \$3,400 (Single / Family)	*\$1,650 / \$3,300 (Single / Family)	Self-only: + \$50 Family: + \$100

*The catch-up contribution limit for HSA-eligible individuals aged 55 or older remains unchanged at \$1,000.