



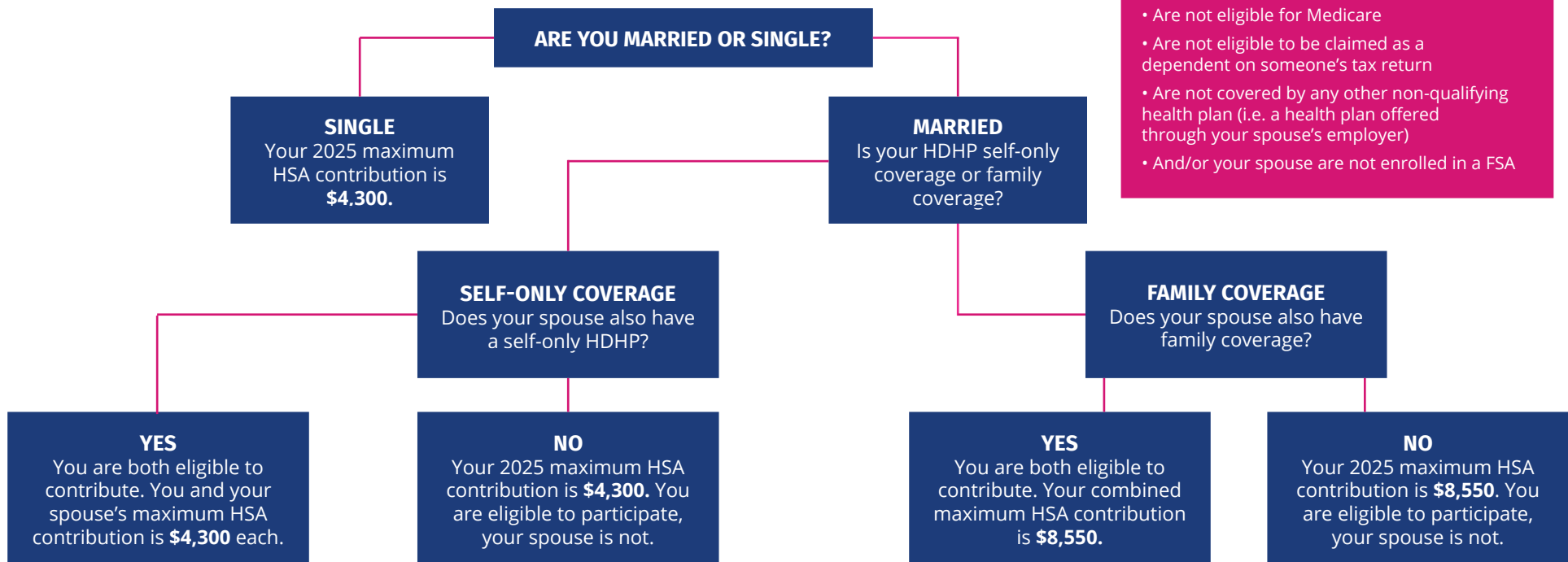
# WHAT IS YOUR HSA CONTRIBUTION LIMIT?

Health Savings Accounts (HSAs) have two different contribution limits: self-only or family. It may be confusing to know which contribution level you should plan for. Use the information below to help determine which contribution level applies to you. Not sure if you're qualified to contribute to a HSA? See the pink box at the right.

**HSA REQUIREMENTS**

You're eligible to participate in a Health Savings Account if you:

- Have health coverage under a qualifying High Deductible Health Plan (HDHP)
- Are not eligible for Medicare
- Are not eligible to be claimed as a dependent on someone's tax return
- Are not covered by any other non-qualifying health plan (i.e. a health plan offered through your spouse's employer)
- And/or your spouse are not enrolled in a FSA



## CATCH-UP CONTRIBUTIONS

If you are age 55 or older, you may contribute up to an additional \$1,000 each year to your own HSA as a catch-up contribution. If married, both spouses may make catch-up contributions if they both: 1) are age 55 or older; 2) are eligible for HSAs; and 3) have their own separate HSAs. You can only make a catch-up contribution into your own HSA, but cannot make a catch-up contribution into anyone else's HSA.

*A HDHP is a qualifying high deductible health plan that meets IRS requirements. HDHPs have higher deductibles, but compared to other health plans, the premiums are often lower. This information applies to the 2025 Plan Year. The IRS sets the contribution limits. To find out what the current contribution limits are, visit [IRS.gov](https://www.irs.gov)*