



2025 IRS Benefit Contribution Limits

2025 limits are here!

ThrivePass is thrilled to announce that all 2025 IRS benefit contribution limits are now available:

FSA	\$3,300 (\$100 increase from 2024)
FSA Dependent Care	\$5,000 (\$0.00 increase from 2024)
FSA Carryover	\$660 (\$20 increase from 2024)
HSA - Single	\$4,300 (\$150 increase from 2024)
HSA - Family	\$8,550 (\$250 increase from 2024)
HSA 55+ Catch-Up Contribution	\$1,000 (\$0.00 increase from 2024)
Minimum HDHP Deductible - Single	\$1,650 (\$50 increase from 2024)
Minimum HDHP Deductible - Family	\$3,300 (\$100 increase from 2024)
Out-of-Pocket Maximum for HSA Eligibility (Single)	\$8,300 (\$250 increase from 2024)
Out-of-Pocket Maximum for HSA Eligibility (Family)	\$16,600 (\$500 increase from 2024)
Maximum Amount Made Newly Available for Excepted Benefit HRA	\$2,150 (\$50 increase from 2024)
Qualified Transportation (Mass Transit & Parking)	\$325/month (\$10 increase from 2024)