

IRS Contribution Limits - 2024	2024	2023	Change
Maximum Employee Contributions to Defined Contribution Plans	\$ 23,000	\$ 22,500	\$ 500
Annual Catch-up Contributions for Employees Over 50	\$ 7,500	\$ 7,500	\$ -
Overall Contribution Limit (Employer + Employee) for Defined Contribution Plans	\$ 69,000	\$ 66,000	\$ 3,000
Traditional & Roth IRA Contribution Limits	\$ 7,000	\$ 6,500	\$ 500
Traditional & Roth IRA Catch-Up Contribution if Over 50	\$ 1,000	\$ 1,000	\$ -
Health Savings Accounts (HSAs) Self-only Coverage	\$ 4,150	\$ 3,850	\$ 300
Health Savings Accounts (HSAs) Family Coverage	\$ 8,300	\$ 7,750	\$ 550
Health Saving Accounts (HSAs) Catch-up Contributions (age 55+)	\$ 1,000	\$ 1,000	\$ -
Flexible Spending Accounts (FSAs)	\$ 3,200	\$ 3,050	\$ 150
Social Security Taxable Wage Base	\$ 168,600	\$ 160,200	\$ 8,400
Social Security COLA Increase	3.20%	8.70%	

Source: [tiaa.org](https://www.tiaa.org); [ssa.gov](https://www.ssa.gov)