



2026 Health Care FSA

The healthcare FSA enables you to put aside pre-tax dollars to pay for out-of-pocket expenses you may incur for medical, dental, vision and pharmacy care. For 2026, the maximum contribution you may elect for your healthcare FSA is **\$3,300**.

- Expenses must be incurred between **01/01/2026** and **12/31/2026**.
 - You can keep (roll-over) up to **\$660** of unused money for use in the next plan year. Unused amounts above **\$660** will be lost, so it is very important that you plan carefully before making your election.
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2026 Dependent Care FSA

The dependent care FSA enables you to put aside pre-tax dollars to pay for child and elder care expenses. For 2026, the maximum contribution you may elect for your dependent care FSA is **\$7,500**.
