

[25] Flexible Spending Accounts (FSAs): For 2022, the limit on employee contributions to a healthcare flexible spending account (FSA) is \$2,850, which is \$100 more than the 2021 limit. If the employer's plan allows the carryover of unused amounts, the maximum carryover amount for 2022 is \$570 (\$550 for 2021).

On the other hand, workers can't contribute as much to a dependent care FSA in 2022 as they could in 2021. Last year, as a COVID-relief measure, a family could sock away up to \$10,500 in a dependent care FSA without paying tax on the contributions. But for 2022, the normal limit of \$5,000-per-year on tax-free contributions applies once again.