



Account Type	2023	2024
Gifting	\$17,000	\$18,000
401(k), 403(b), Thrift Savings Plan	\$22,500	\$23,000
Catch-up	\$7,500	\$7,500
Simple IRA	\$15,500	\$16,000
Catch-up	\$3,500	\$3,500
Health Savings Account		
Individual	\$3,850	\$4,150
Families	\$7,750	\$8,300
Catch-up	\$1,000	\$1,000
IRA Contributions	\$6,500	\$7,000
Catch-up	\$1,000	\$1,000
Simplified Employee Pension (SEP-IRA)	\$66,000	\$69,000