## Comparing FSAs and HSAs



		Healthcare Flexible Spending Account  HCFSA	Limited Purpose Flexible Spending Account  LPFSA	Health Savings Account  HSA	Dependent Care Flexible Spending Account  DCFSA
	Can be used to reimburse	Eligible medical, dental, vision and Rx expenses	Eligible vision and dental expenses only	Eligible healthcare expenses, COBRA premiums, LTC premiums, retiree healthcare premiums	Eligible dependent daycare costs
	Plan considerations	Can't be used when enrolled in HSA	Can be used in addition to an HSA account	Only offered in conjunction with a High Deductible Health Plan (HDHP).  Participation in any disqualifying plans will make a participant ineligible. Example of disqualifying plans: Healthcare FSA (including if your spouse participates in a Healthcare FSA through their employer), a traditional PPO or HMO plan, any part of Medicare.	Dependents include children under age 13 and/or a spouse and adult dependent unable to care for themselves.
[\$]]])	Funded by	Generally, the employee, although employers can contribute following certain rules and limitations.	Generally, the employee, although employers can contribute following certain rules and limitations.	Employee, employer or both	Generally, the employee, although employers can contribute following certain rules and limitations.
	Funding limits	Annual limit: \$3,300	Annual limit: \$3,300	2025 annual limits: \$4,300 for employee only; \$8,550 for family coverage. Additional \$1,000 catch up contribution if 55 or older. 2026 annual limits: \$4,400 for employee only; \$8,750 for family coverage. Additional \$1,000 catch up contribution if 55 or older.	*Annual household limit: \$7,500 for married filing jointly or a single parent; \$3,750 per parent if filing separately
	Funds are available	Full annual amount available from day one of the plan year.	Full annual amount available from day one of the plan year.	Up to amount deposited	Up to amount deposited
	Carryover rules	2025: Up to <b>\$660</b> carryover of unused funds to the next year, if allowed by employer.	2025: Up to <b>\$660</b> carryover of unused funds to the next year, if allowed by employer.	Full balance carries over each year	There are typically no carryover rules, but DC FSA plans can have the grace period provision which extends the period of time to incur claims.
\$	Portability rules	None. Any underspent account balances may be subject to COBRA.	None. Any underspent account balances may be subject to COBRA.	Yes. Balances carry over from year to year.  Employee owns all balances in the account, regardless of employment status.	None

