

2022 Retirement Plan Contribution Limits

Every year, the Internal Revenue Service updates the maximum amounts that may be contributed to 401(k)s and other retirement accounts. This chart provides the limits for 2022 and the change (if any) from the previous year.

Contribution Limits	2021	2022	Change
401(k), 403(b) and 457 elective deferrals	\$19,500	\$20,500	+\$1,000
Catch-up deferral for age 50 and up on 401(k), 403(b) and 457	\$6,500	\$6,500	None
SIMPLE 401(k)/IRA	\$13,500	\$14,000	+\$500
SIMPLE catch-up contribution	\$3,000	\$3,000	None
Traditional and Roth IRA	\$6,000	\$6,000	None
Catch-up contribution for Traditional and Roth IRA for age 50 and up	\$1,000	\$1,000	None
Who qualifies as a Highly Compensated Employee?	\$130,000	\$135,000	+\$5,000
Health Savings Account (HSA)	Single: \$3,600* Family: \$7,200*	Single: \$3,650* Family: \$7,300*	Single: +\$50 Family: +\$100
Health Flexible Spending Account (FSA)	\$2,750	\$2,850	+\$100
Maximum total employer + employee contributions to all plans at same employer	\$58,000	\$61,000	+\$3,000

*Includes contributions by both employee and employer

If you have questions or would like to discuss retirement planning, investing or any other aspect of your financial life, reach out to Servion Financial Advisors for advice.

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