

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	2024 annual limit: \$3,200	2024 annual limit: \$3,200	2024 annual limits: \$4,150 for employee only; \$8,300 for family coverage. Additional \$1,000 catch up contribution if 55 or older. 2025 annual limits: \$4,300 for employee only; \$8,550 for family coverage. Additional \$1,000 catch up contribution if 55 or older.	2024 annual household limit: \$5,000 for married filing jointly or a single parent; \$2,500 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	Up to \$640 carryover of unused funds to the next year, if allowed by employer.	Up to \$640 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