

IRS Announces New 2026 Health and Welfare Plan Limits

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PRACTICES Employee Benefits and Executive Compensation

The IRS recently announced the following inflation-adjusted limits for 2026 for certain health and welfare plans:

- Health flexible spending account limit: increased to \$3,400.
- Qualified transportation fringe benefit monthly limits for parking and transit: each increased to \$340.
- Adoption assistance program limit: increased to \$17,670.
- Qualified Small Employer Health Reimbursement Arrangement limit: increased to \$6,450 for individual coverage and \$13,100 for family coverage.

The above and other 2026 plan limits are available [here](#).