

CONTRIBUTION LIMITS	<u>2010</u>	<u>2009</u>	<u>2008</u>	<u>2007</u>
Individual, self only	\$3,050	\$3,000	\$2,900	\$2,850
Family Coverage	\$6,150	\$5,950	\$5,800	\$5,650
Catch-up for those over age 55 and older	\$1,000	\$1,000	\$990	\$800

For 2010, the minimum deductible for a high-deductible health plan (HDHP) is \$1,200 for self-only coverage and \$2,400 for family coverage. The maximum out-of-pocket limit is \$5,950 for self-only coverage and \$11,900 for family coverage.