

<b>CONTRIBUTION LIMITS</b>	<b><u>2011</u></b>	<b><u>2010</u></b>	<b><u>2009</u></b>	<b><u>2008</u></b>
Individual, self only	\$3,050	\$3,050	\$3,000	\$2,900
Family Coverage	\$6,150	\$6,150	\$5,950	\$5,800
Catch-up for those over age 55 and older	\$1,000	\$1,000	\$1,000	\$990

For 2011, 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.