

What Is a Lifestyle Spending Account?



Chances are you're paying more attention to your benefits and wondering how to get the best bang for your buck. You're likely familiar with health savings and flexible spending accounts, but lifestyle spending accounts (LSAs) are gaining more traction. This employee benefit supports your physical, financial and emotional wellness.

An LSA is an **employer-funded account** that can cover some health- and wellness-related expenses outside your group health plan. Employers determine their annual contribution amount and how you can spend your LSA funds. Your employer will also place parameters on acceptable products, services and expenses.

How Does it Work?

An employer allocates amounts and only pays for what is spent. They deposit money into your LSA to pay for eligible products and services that support your lifestyle.

What Types of Expenses Are Covered?



Physical Wellness

- Athletic apparel
- Exercise equipment
- Gym or spa memberships
- Personal trainer services
- Weight management program fees



Financial Wellness

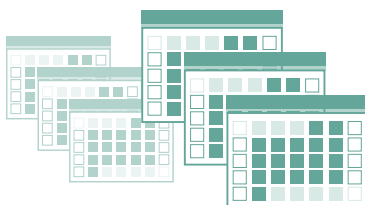
- Financial education programs
- Financial planning
- Identity theft services
- Tax preparation fees
- Will fees



Emotional Wellness

- Counseling services
- Family support
- Life coaching
- Mindfulness apps
- Personal development

When Can You Use Funds?



You're typically encouraged to spend LSA funds in the calendar year they are deposited, but some employers may allow you to carry funds over.

LSAs can help you focus on your well-being and save money on the activities or expenditures that matter to you. **Contact HR** to learn more about LSA eligibility, eligible expenses and other rules.