

Lifestyle Spending Account

What is a lifestyle spending account (LSA)?

A benefit in which your employer sets money aside for you to use on eligible expenses related to physical, financial and emotional wellbeing. This benefit meets the needs of everyone, no matter your stage of life, age or circumstances and is designed to improve your overall well being or lifestyle. Think of it like a bonus set aside for you and dedicated to the expenses or experiences you value most.

How do I use my account?



Check your balance 24/7 on your online account or mobile app



Review eligible expenses

The LSA is designed to improve your wellbeing. Determine which eligible expenses or experiences will improve your lifestyle and plan your purchases.



Spend it and get reimbursed

Simply snap a photo of your receipt and submit a claim for reimbursement on your mobile app.

What does it cover?

An LSA can cover a wide variety of expenses related to physical, financial, and emotional wellbeing, such as:

Physical Wellness

- Athletic equipment and accessories
- Exercise equipment
- Gym, health club, spa and fitness studio memberships
- Fitness classes (yoga, Pilates, spin/ cycle, dance, etc.)
- Lessons (golf, swimming, tennis, dance, etc.)
- Personal trainer
- Fitness trackers
- Entry fees (marathons, leagues, etc.)
- Passes (ski, snowboard, golf, swimming, etc.)

Financial Wellness

- Student loan reimbursement
- Home purchase expense reimbursement (down payment, closing costs, etc.)
- Financial adviser and planning services
- Financial seminars and classes
- Identity theft services
- Pet insurance premiums

Emotional Wellness

- Meditation classes
- Retreats (leadership, spiritual, etc.)
- Pet care (walkers, day care, grooming, etc.)
- Camping (equipment fees, etc.)
- Personal development classes (art, cooking, etc.)
- Annual park pass
- Hunting and fishing licenses