



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.

Emotional Wellness

- Meditation classes
- Retreats (leadership, spiritual, etc.)
- Annual Park passes
- Petcare (walkers, day care, grooming, etc.)
- Camping (equipment fees, etc.)
- Personal development classes (art, cooking, etc.)
- Parenting classes
- Self-help books, Audible subscriptions
- Professional development classes (conference fees)

What does it cover?

An LSA covers a wide range of eligible expenses across three wellbeing categories—physical, financial, and emotional. Eligible expenses include

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.)
- Athletic Apparel
- Tennis shoes
- Wearable
- Watch (like Apple Watch)
- Headphones
- Personal grooming (mani, pedi, facials, and haircuts)
- Healthy meals subscriptions
- DoorDash subscription
- Movies
- Concerts
- Streaming Services

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
- Mobile phones, Wi-Fi, utilities
- Laundry, dry cleaning
- Travel expenses – plane ticket, hotel rooms (Airbnb)
- Uber, Lyft, Waymo, Cab expenses