



THE HARRISON GROUP, INC.

# LIFESTYLE SPENDING ACCOUNTS



Employers can help employees promote healthy habits and overall well-being by offering a post-tax lifestyle spending account (LSA).

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# WHAT IS AN LSA??

Lifestyle Spending Accounts (LSAs) is an employer-funded, post-tax spending account, with eligible expenses and plan details customized by the employer that promotes healthy habits and overall well-being.

## HOW IT WORKS

An employer will determine how much they would like to contribute per employee toward costs related to healthy habits and overall well-being. Each participant will receive a convenient HG Advantage Card to make it easy to access the money in their LSA. The HG Advantage Card contains the value of the LSA account and they can use it to pay for pre-determined eligible services and products. When they use the HG Advantage Card, payments are automatically withdrawn from their account, so there are no out-of-pocket costs and no need to submit receipts to verify the purchase. They just swipe the card and go. It's that easy!

## EMPLOYER CHOICE

LSAs are 100% employer-funded. There is no minimum or maximum limits, and an employer can choose the start and end dates of the LSA. The employer decides which expenses are eligible, how much to offer, to which employees, and when. LSAs are easy and provide a benefit to attract and retain employees.

## ALLOWABLE EXPENSES INCLUDE:

### Physical Wellness:

- \*Athletic Equipment & Accessories
- \*Exercise Equipment
- \*Gym, Health Club, Spa, and Fitness Memberships
- \*Fitness Classes
- \*Personal Trainer
- \*Fitness Trackers
- \*Entry Fees for Marathons, Leagues
- \*Passes for Skiing, Golf
- \*Nutritional Supplements

### Financial Wellness:

- \*Home Purchase Expense Reimbursement
- \*Financial Advisor and Planning
- \*Financial Seminars and Classes
- \*Identity Theft Services

### Emotional Wellness & Other:

- \*Meditation Classes
- \*Non-Medical Counseling
- \*Retreats
- \*Pet Care
- \*Personal Development Classes
- \*Annual Park Passes
- \*Hunting and Fishing Licenses

## CONTACT US

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