

# Lifestyle Spending Account (LSA)

## What is a lifestyle spending account?

**A Lifestyle Spending Account is a benefit that allow your employer to set money aside for you to use on eligible expenses related the following categories of well-being:**

Physical | Financial | Emotional

## How does an LSA work?

It's an account funded only by your employer. You can use the funds to reimburse yourself for eligible wellbeing expenses during a plan year.



### View account

Access your account  
24/7 at  
[NetBenefits.](#)



### Submit expenses

Snap a photo of your receipt  
and submit a claim for  
reimbursement.



### Review eligible expenses

View the list of standard  
covered expenses for your  
LSA reimbursement.

## What could your LSA cover?

- Athletic equipment and accessories (including sneakers)
- Exercise equipment
- Gym, health club, spa and fitness studio memberships
- Fitness classes (yoga, bicycle fitness, Pilates, spin/cycle, dance, etc.)
- Lessons (golf, swimming, tennis, dance, etc.)
- Personal trainer
- Fitness trackers
- Entry fees (marathons, leagues, etc.)
- Annual Passes (ski, snowboard, golf, swimming, etc.)
- Identity theft programs
- Estate Planning - Will preparation services
- Tax Preparation
- Pet insurance premiums
- Professional development classes
- Pet care (walkers, daycare, grooming, etc.)
- Camping (equipment fees, etc.)
- Personal development classes
- Annual parks pass for Federal, State, County and City parks
- Hunting and fishing licenses
- Home Office improvement (desk, printer, office supplies, monitor, etc.)
- Non-medical counseling (EAP, parental, etc.)
- Daycare (child, elder care, or special needs care)
- Nutritional supplements
- Meal delivery programs
- Weight Management Programs
- Meditation classes
- Retreats (leadership, spiritual, etc.)

The eligible list does not include expenses listed in [IRS Publication 502](#).

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