



### What is a LifeStyle Spending Account (LSA)?

A LifeStyle Spending Account (LSA) is an Employer provided benefit.

Typically, an annual benefit is given to each employee to use for expenses deemed eligible under the benefit by your Employer. The benefit amount resets at the beginning of January each year. Some Employers choose to allow a monthly amount or even an amount by pay period.

The dollars are (generally) for employee use only. Your Employer is required by law to tax each employee on the amount of the benefit used each year. This is NOT a part of your FSA Plan or HSA Plan.

### What expenses are eligible under an LSA?

Eligible expenses vary by Employer. There is no set list but here are a few items you might see offered under your Employer's LSA:

- ) Gym membership
- ) Exercise equipment
- ) Fitness classes
- ) Nutrition Counseling
- ) Apple Watch/FitBit/Garmin Watch
- ) Personal Trainers
- ) Spa Treatments
- ) Meditation Classes/Apps
- ) Weight Loss Apps
- ) Nutritional Apps
- ) Cooking Classes
- ) Acupuncture
- ) Massage Therapy
- ) Vitamins/Supplements
- ) Procedures

### How do I receive my Health and Wellness Reimbursement?

TaxSaver Plan assist your Employer with the administration of this benefit.

You may request reimbursement for eligible expenses by submitting a LSA Claim Form and include receipts to verify the items purchased. Claims may be submitted on the TaxSaver Plan web portal, by sending an email to [claims@taxsaverplan.com](mailto:claims@taxsaverplan.com) or by faxing the claim to 214-528-8122 or mailing to:

TaxSaver Plan  
PO Box 609002  
Dallas, TX 75360

Some Employers will allow the use of a special Debit Card. Or, your expense will be paid to you in the form of a check or direct deposit.

You can log into your account via the TaxSaver Plan website at [www.taxsaverplan.com](http://www.taxsaverplan.com) to track your balance and view account details. Click on REIMBURSEMENT ACCOUNT PARTICIPANT and enter your username and password. If you are enrolled in a Flexible Spending Account (FSA), your same login will be used for this account.

