



# WHAT IS A LIFESTYLE SPENDING ACCOUNT?

## A SPENDING ACCOUNT FOR YOUR WELL-BEING

*It sure is easy.*

### GET FREE MONEY TO USE TOWARDS LIVING A HEALTHY LIFESTYLE

#### + **LSA / LIFESTYLE SPENDING ACCOUNT**

How? *Your employer makes contributions to your Lifestyle Spending Account (LSA) for you to use on eligible expenses!*

#### HOW DOES IT WORK?

- + Your employer will contribute a specified amount to your account each year
- + You can file a claim electronically after you have paid upfront for an eligible expense during your Plan Year from the Mobile App or Member Account, and you will be reimbursed with money from your LSA, as long as you have funds
- + You will be able to access your Member Account at Surency.com, where you can manage every aspect of your account online. You can even sign up to receive notifications via text messages!
- + Eligible expenses for LSAs will differ from plan to plan, but in general, eligible expenses are purchases that promote a healthy lifestyle. Some examples of these may include gym memberships, fitness classes, exercise equipment and more. Check with your benefits administrator for a list of eligible expenses for your plan.



#### MANAGE YOUR BENEFITS

You have 24/7 access to your account through the Surency Mobile App or on your Member Account at Surency.com.



Scan to download the Surency Mobile App!

