

HEALTH & BENEFIT ACCOUNTS

Lifestyle Spending Accounts

Be your best self — with a little help from your employer



What is a Lifestyle Spending Account (LSA)?

An LSA is a benefit provided by your employer to help support your overall health and well-being. Your employer adds funds to your account and you can use that money to pay for eligible products and services related to physical, financial and emotional wellness.

Employer-funded rewards to support your overall well-being

Your employer is making your health and well-being a top priority by providing the opportunity to participate in an LSA, a new type of benefit designed to help you get and stay on track with your goals. With an LSA, you can get funding for a wide range of wellness-related purchases using money your employer deposits in your account. No matter where you are on your journey to improve your physical, emotional and financial wellness, an LSA can help you can help you be your best self.

What is my LSA reward?

Visit your company's benefits website to learn more about participating in an LSA including:

- Eligibility
- Types of wellness products and services you can pay for with your account
- Program rules and procedures

Examples of expenses you may be able to pay for with an LSA

Your employer designed your LSA to support a range of needs, allowing individuals flexibility to select how to use their accounts to support their own unique lifestyle and wellness goals. To help you understand the variety of products and services you may be able to pay for using your LSA, below is a short list of examples. You can find specific eligible expenses for your LSA on your employer's benefits website.

Physical

- Athletic/exercise equipment
- Gym, health clubs, spa and fitness studio memberships or classes
- Personal trainer, fitness trackers
- Entry fees (e.g., marathon) or passes (e.g., ski, golf)
- Nutritional supplements

Financial

- Home purchase expense assistance
- Financial advisor services
- Financial seminars
- Identity theft services

Emotional/other

- Non-medical counseling services
- Retreats (e.g., leadership, spiritual)
- Camping supplies
- Meditation or personal development classes (e.g., art, cooking)
- Annual park pass

Remember, check your company's benefits website for a complete listing of eligible expenses.

How does it work?

Below are some common questions about an LSA.

How is my LSA funded?	Your employer will deposit money into your LSA based upon your company's plan rules.
How do I pay for eligible expenses?	The easiest way to pay is to use your Bank of America Health and Benefits Account Visa debit card. However, if your debit card isn't handy, you can file a claim to be reimbursed.
Are there any "use it or lose it rules" for spending funds in my account?	You are encouraged to spend your funds in the calendar year they are awarded. Check your benefits plan information to see if your employer allows the funds to roll over.
Who can use my account?	You and your family.
Do I have to pay taxes on money deposited into my account?	Yes, the funds are considered taxable income when spent.



Example of how Lori uses her LSA

Lori is awarded \$300, which her employer deposits into her LSA.



She schedules a session with a personal trainer at her gym and pays \$60 using her debit card.



\$60 is deducted from her LSA account and will be included in her earning statement.

Visit your company's benefits website

Learn more about your LSA program and eligible wellness expenses.

Download the mobile app

Get the "MyHealth BofA" mobile app directly from the App StoreSM or Google Play^{TM4}



We're here to help

If you have questions, please call the number on the back of your debit card.