Lifestyle Spending Account

Save money on the things that keep you healthy and happy

A Lifestyle Spending Account (LSA) is a perk provided by your employer that reimburses you for health and wellness expenses, and sometimes other costs that aren’t typically covered under your standard health insurance.

Eligible Expenses

Expenses you may be reimbursed for by an LSA include:

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How Does it Work?

Your employer will reimburse you up to <$x> per year for eligible expenses. Pay for these costs as you normally do. You will then submit a receipt showing the details of the purchase and get reimbursed if it is approved.

For account-related questions, contact the Ameriflex Participant Services team at 888.868.3539, Monday - Friday: 7:00 AM to 8:00 PM CST and Saturday: 9:00 AM to 1:00 PM CST, or email at myameriflex.com.