Hello,

We are approaching the start of our benefits open enrollment period. As a reminder, this is the one time a year you can make changes to your health insurance plans.

As part of our company’s benefits package this year, we are excited to offer a lifestyle spending account through Ameriflex.

**Lifestyle Spending Account Overview**

This is a program that reimburses you for everyday expenses that encourage healthy living, such as:

* Gym memberships
* Yoga classes
* Athletic wear and gear
* Mental health assistance
* And more

All you have to do is pay for these expenses as you normally would, and then submit a request for reimbursement with supporting documentation verifying the expense.

If you’re interested in taking advantage of this program, please contact the HR/benefits team for more information.