

Lifestyle spending accounts by the numbers

Post-pandemic, we've seen a trend of more employers offering lifestyle spending accounts (LSAs) due to the flexibility this type of account affords the employee in self-selecting activities that enhance their overall health and well-being.

\$750

Average amount of dollars given to each employee (nationally¹)

21.5%

Percentage of employees who used all funds

36.7%

Percentage of employees who used part of funds

41.8%

Percentage of employees who used none of their funds

50%

Percentage of employers who gave all dollars up front

50%

Percentage of employers who gave dollars throughout the year

"I enjoy my lifestyle spending account and the freedom it allows me to choose how I want to create overall wellness in my life. I use my LSA on dry cleaning, lawn services, and utilities. It helps reduce stress and the financial burden so many educators face on a daily basis. I would like to see this valuable resource available to educators across Nebraska!"

– Dr. Michael S. Dulaney | Executive Director | Nebraska Council of School Administrators



Sources: 1 Devenir Group, LLC; Union Bank & Trust