

A-Team

BENEFITS

Alera Group LSA Eligible Expense List

Alera Group's Lifestyle Spending Account (LSA) wellness incentive is a benefit to support your individualized wellbeing journey. For that reason, this list is designed to highlight common eligible expenses and should not be viewed as all-inclusive.

The examples below are meant to guide, not limit, eligible expenses. For more examples or questions, please call The Alera Group Benefits Center at 888-850-1765.

Class	Category	Subcategory	Example 1	Example 2	Example 3
Fitness & Wellness	Clothing and Shoes	Athletic Accessories	Headband / sweatband	Towels	Bracer
Fitness & Wellness	Clothing and Shoes	Athletic Clothing	Yoga pants	Running shorts	Ski jacket
Fitness & Wellness	Clothing and Shoes	Athletic Shoes	Running shoes	Cycling shoes	Basketball shoes
Fitness & Wellness	Digital Health	Fitness Apps	MapMyRun	Strava	BeachBody
Fitness & Wellness	Digital Health	Habit Building Apps	Fabulous	Motivate	Forest
Fitness & Wellness	Digital Health	Meditation Apps	Headspace	Meditopia	Insight Timer
Fitness & Wellness	Digital Health	Nutrition Apps	LifeSum	My Diet Coach	MyFitnessPal
Fitness & Wellness	Digital Health	Sleep Aid Apps	Shleep	Sleepio	Pzizz
Fitness & Wellness	Fitness Accessories	Body Scale	Smart scale	Body scale	Withings Body
Fitness & Wellness	Fitness Accessories	Sleep Tracker	Withings Sleep	Beddit 3.5 Sleep Monitor	S+ by ResMed
Fitness & Wellness	Fitness Accessories	Smart Watch	Apple Watch	Fitbit Versa	Fitbit Ionic
Fitness & Wellness	Fitness Activities	Athletic Event Fees	5K registration fee	Marathon registration fee	Triathlon registration fee
Fitness & Wellness	Fitness Activities	Fitness Classes	Classpass	Organge Theory Fitness	Pure Barre
Fitness & Wellness	Fitness Activities	Gym	Gym membership	24 Hour Fitness	Crunch Fitness
Fitness & Wellness	Fitness Activities	Gym and Class Fees	Initiation fee	Registration fee	Annual maintenance fee
Fitness & Wellness	Fitness Activities	Stretch Class and Fees	Stretch Labs	Stretch*d	
Fitness & Wellness	Fitness Activities	Meditation	Meditation class	Meditation coach	Mindfulness coach
Fitness & Wellness	Fitness Activities	Outdoor Activities	Camping fee	Hiking fee	Golf Green Fees
Fitness & Wellness	Fitness Activities	Personal Training	Fitness coaching	Personal training	Coaching fee
Fitness & Wellness	Fitness Equipment	Biking Other	Bike repair	Bike accessory	Bike lock
Fitness & Wellness	Fitness Equipment	Fitness Tracker	Fitbit Charge	Fitbit Inspire	Oura Ring
Fitness & Wellness	Fitness Equipment	Home Gym Equipment	Squat rack	Weight bench	Home gym floor mat
Fitness & Wellness	Fitness Equipment	Motorized Vehicles	Electric bike	Motorized bike	Hoverboard
Fitness & Wellness	Fitness Equipment	Outdoor Activity Equipment	Tent	Sleeping bag	Sleeping pad
Fitness & Wellness	Fitness Equipment	Protective Gear	Helmet	Gloves	Weightlifting belt
Fitness & Wellness	Fitness Equipment	Sports Equipment	Bicycle	Tennis racket	Golf club
Fitness & Wellness	Fitness Others	Video-based Fitness	Ring Fit	VR headset	Wii Sports
Fitness & Wellness	Wellbeing Services	Spa/Sauna	Spa treatment	Manicure	Pedicure
Fitness & Wellness	Wellbeing Services	Weight Management Aids	Weight loss program	Noom	Weight Watchers
Food & Nutrition	Food Services	Nutrition Program	Precision Nutrition	Roots Reboot	
Food & Nutrition	Supplements	Supplements	Fenugreek Supplement	Fiber	Fish Oil Supplements
Health & Medical	Fitness Equipment	Fitness Equipment	Treadmill	Peloton	Tonal
Health & Medical	Home Equipment	Wellness Appliance	HEPA filters	Air Purifier	Air Filter
Health & Medical	Wellbeing Services	Massage Equipment	Massage Gun	Theragun	Neck and Shoulder Massager
Health & Medical	Wellbeing Services	Massage Therapy	Swedish massage	Deep tissue massage	Massage Envy
Lifestyle	Lifestyle Products	Water Filtration Accessories	Brita	Water tablets	Water softeners