

Health and Financial Wellness Program for 2025

Lifestyle Spending Account (LSA) through Lively.

A Lifestyle Spending Account is an employer-sponsored account that is completely funded by the employer and is highly customized for the needs of your organization. LSAs are reimbursement accounts offered to pay for a wide-range of lifestyle expenses, typically those not related to medical needs.



TGHealthyMe LSA

TG is offering a health and financial wellness LSA for its employees. The LSA offers a flexible and inclusive wellness program for all employees whether or not you have our health insurance. This program allows you to use company provided money for things like:

- Gym Memberships & Fitness Classes
- Fitness Accessories
- Digital Health Apps
- Financial Wellbeing Services

Funding

TG will contribute \$10.84 per month to your TGHealthyMe LSA.

Eligibility and regulations

- **Eligibility and enrollment**

All benefit eligible employees will automatically be enrolled into the LSA. The effective date is the 1st of the month following 30 days of employment.

- **Funds are taxable income**

Funds used from your LSA are considered taxable income.

- **Funds are “use it or lose it”**

LSA funds are not required to rollover to the next plan year. Any funds unused by December 31 of the plan year, will be forfeited.

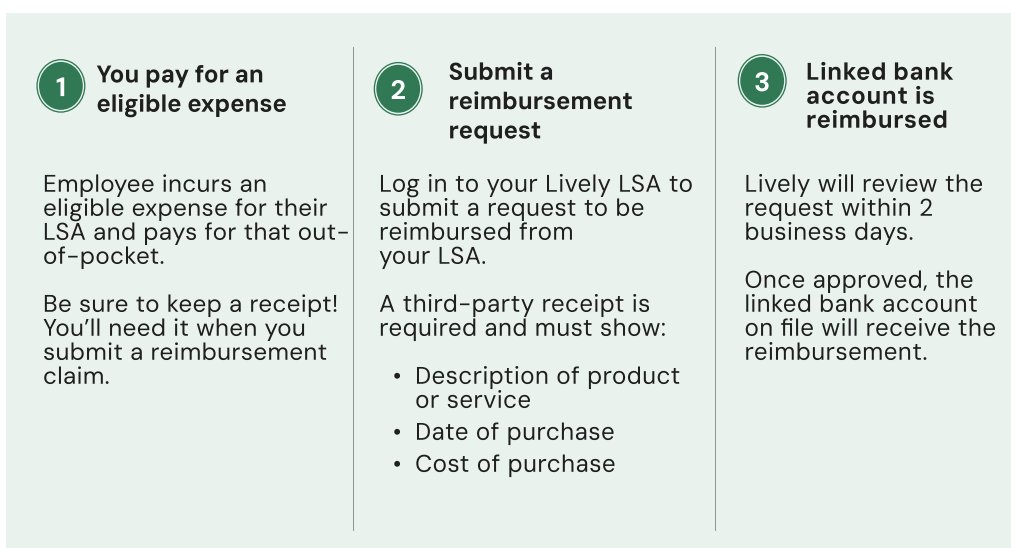
Follow the steps below to learn what LSAs you are enrolled in and what expenses are eligible for reimbursement.

- 1 Log in to your Lively account by visiting secure.livelyme.com/login
- 2 The LSA(s) you are enrolled in will appear among the list of Lively personal accounts
- 3 Select the Lively LSA account you wish to log into
- 4 Once logged in, select the 'Eligible Expenses' tab from the left-side menu to see what expenses qualify for this LSA

EXPENSE	PROVIDER TYPE	ELIGIBILITY
Fitness		
Personal Trainer	Service	ELIGIBLE
Sports and Fitness Equipment/Gear	Retail	ELIGIBLE
Exercise App	Retail	ELIGIBLE
At Home Workout Equipment	Retail	ELIGIBLE
Athletic Event Fees	Retail	NOT ELIGIBLE
Athletic Smartwatch/Tracker	Retail	ELIGIBLE
Fitness Class	Retail	ELIGIBLE
Sports Fees (e.g. tennis or ski pass, golf fees)	Retail	ELIGIBLE

How reimbursement works

The LSA funds can be accessed as soon as your employer deposits funds into the account. The total amount may be available on day 1 of your plan start date, or may become available throughout the plan term.



Have questions?

We're here to help. Email or call Lively for responsive assistance.

Reach a team of experts Monday–Friday, 6:00 am – 6:00 pm PT by emailing support@livelyme.com or calling **1-888-576-4837**.