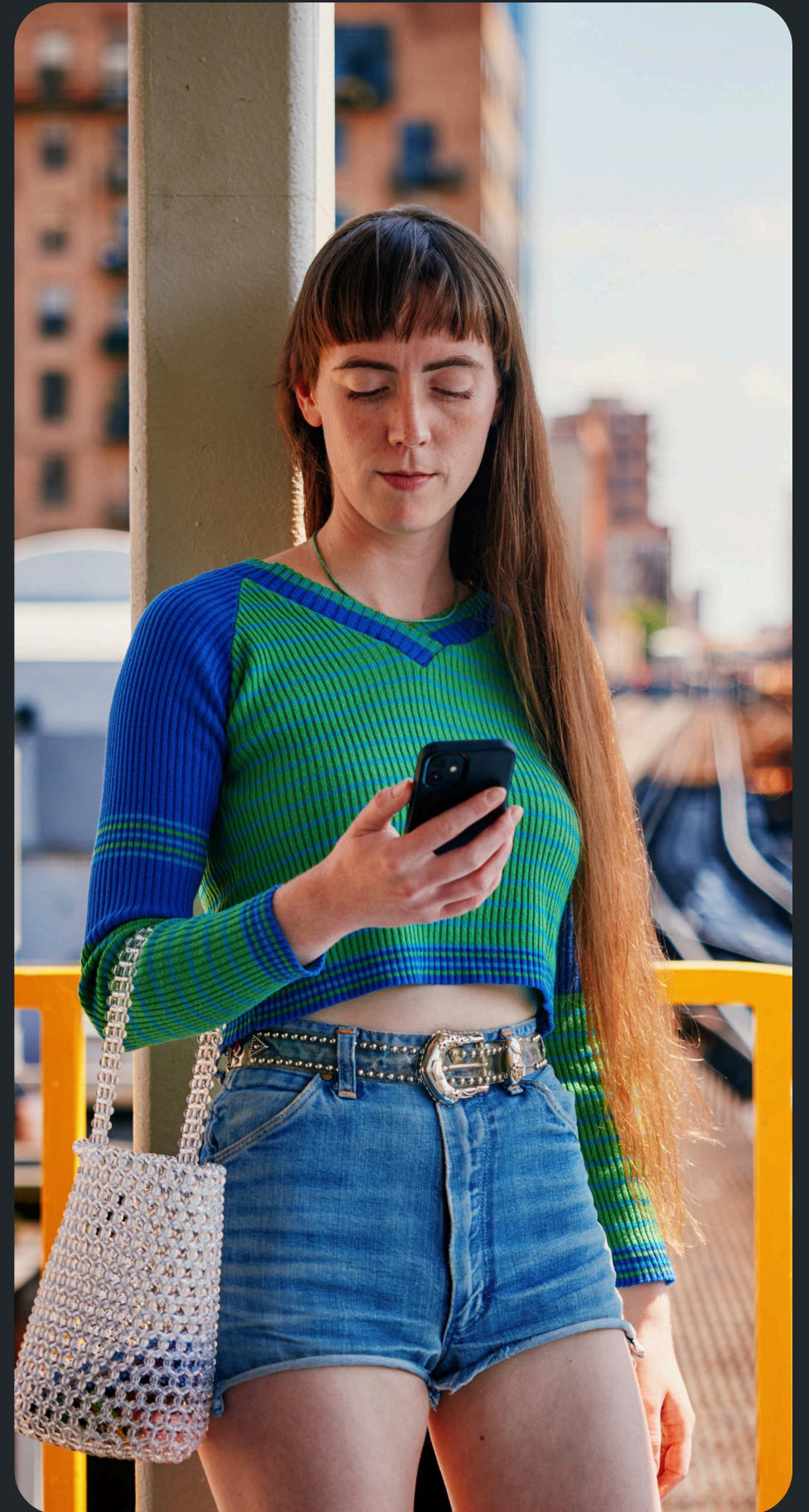


If filing taxes lowers stress, why can't we expense it?

Digital tax-filing is wellness. It's time your Lifestyle Spending Account (LSA) reflected that.



Money is the #1 source of stress for Canadians (higher than work or health).

During tax season, this peaks. When employees are drowning in "tax dread," productivity sinks.



The Cost
Burnout, absenteeism, and missed focus.



The Fix
Real-world financial self-care.



Is your Lifestyle Spending Account stuck in the past?

Standard wellness perks are great, but they often ignore the biggest anxiety trigger: financial clarity.

Modernizing your LSA means bridging the gap between traditional health and modern financial needs.

Tax Prep = Self-Care

Managing taxes with confidence doesn't just result in a refund; it results in mental bandwidth.

"Digital tax filing can relieve psychological tension by increasing predictability, perceived control, and the likelihood of task completion."

"Digital tax filing is arguably one of the most underrated forms of self-care."

Dr. Nawal Mustafa, PhD., Clinical Neuropsychology



The 3-Step Action Plan



Review

Audit your current LSA categories.



Update

Add "Digital Tax-Filing Software" as a reimbursable expense.



Communicate

Announce the update early to alleviate tax-season dread.