



FSA. USE IT OR LOSE IT!

If you still have money in your flexible spending account, it's time to get moving. Under most company plans, employees have until the end of the year to use their FSA dollars or lose them entirely. If your medical expenses are less than you expected, you may be facing unused dollars. Below is a list of services normally eligible for FSA reimbursement offered by PRO Sports Club.

20/20 LifeStyles

Essential weight loss programs, such as 20/20 LifeStyles, are considered a legitimate medical expense as long as they are prescribed by your doctor. If you have high cholesterol, diabetes, high blood pressure or any medical conditions that may be corrected by 20/20 LifeStyles, you may qualify. If you have participated in 20/20 LifeStyles, your 20/20 physician can sign off on your FSA reimbursement requests.

Dietitian Services

Our registered dietitians are here to help you lose weight and/or overcome medical conditions with nutrition guidance. If you have any medical conditions such as high cholesterol, hypertension, diabetes, cardiovascular disease, eating disorders, Fibromyalgia, etc. that can be assisted with healthy eating, your FSA may cover the expense.

Personal Training

If you are using personal training services to treat a medical condition such as high cholesterol, diabetes, cardiac rehabilitation, back pain, injury rehabilitation, obesity or other medical condition, your expenses may be covered as long as they are recommended by a healthcare professional.

Physical Therapy

Our physical therapy clinics offer you convenient access to pain free living. If you are using physical therapy services to recover from an injury, treat back pain, ergonomic issues or other musculoskeletal issues, you may be eligible to utilize your FSA for your medical deductible, co-pays or for other services or medical equipment.

Podiatry

Don't let foot pain keep you from achieving a healthy and active lifestyle. Our resident sports podiatrists are here to help. Expenses paid for sports orthotics, podiatry services and/or insurance copays are FSA reimbursable when submitted with a physician's diagnosis letter.

Medical Massage

If you have a diagnosed medical condition for which massage is beneficial, that procedure may be acceptable with authorized paperwork from your doctor. Stress doesn't count, but sleep disorders, chronic headaches, backaches, carpal tunnel, chronic fatigue and other conditions could.

! Services must be rendered in 2011 (or prior to the end of your benefit year) and verified as a medical necessity by a physician. Typical plans provide reimbursement for a few months following the end of the year. We recommend that you check with your plan administrator to determine what's covered and what's not since the rules vary slightly from one employer to the next.

? If you have any questions regarding **20/20 LifeStyles**, **dietitian services**, or **personal training** please contact **Diana Davis** in the 20/20 Resource Center by e-mail ddavis@2020lifestyles.com or by calling (425) 869-4764.