

# HOW TRUEMED WORKS

Streamlining access to research-backed health interventions

## The Consumer Reality

More than 9 out of 10<sup>1</sup>



estimated affected by 1 or more conditions

- 73.6% overweight; 40.3% obese
- 41.1% respiratory conditions
- 29.6% hypertension
- 26.9% chronic joint symptoms
- 14.5% chronic sleep issues
- 12.8% high total cholesterol
- 10.8% heart disease

Less than \$0.04 of every \$1.00 goes to prevention<sup>2</sup>

- The U.S. Healthcare system overwhelmingly prioritizes treatment over prevention with less than 4% of total health spending is on preventive services.
- Preventive care visits discourage consumers from bringing up concerns at risk of 'surprise' charges being incurred.

## The Foundation

Truemed seeks to make proactive healthcare simple, accessible, and affordable.

From fitness tools to supplements and more, Truemed helps consumers unlock the potential of HSA/FSA funds.



### Connects consumers with proven health interventions

Truemed leverages credible medical research to link health interventions and chronic medical conditions.



### Streamlines compliance

Truemed simplifies regulatory hurdles by enabling FSA/HSA reimbursement for nontraditional health expenses—like gym memberships or vitamins—by streamlining the process for qualifying these expenses with a required Letter of Medical Necessity (LMN).

## How Truemed Works

1

### Complete Health Assessment

Individuals complete health survey regarding medical history.

2

### Licensed Provider Reviews

A licensed provider reviews responses to determine eligibility. If eligible, an LMN is provided within 1-2 days.

3

### Purchase made + use FSA/HSA funds

1. **Default (no integration required)** - Individuals directed to pay with alternative payment and submit to FSA/HSA for reimbursement with provided LMN.
2. **Claims Integration** - A claim with LMN support is submitted on behalf of the individual to administrator.
3. **Auto-substantiation** - Individual directed to use FSA/HSA card for direct payment and auto-substantiation feed sent to administrator.

## Benefits to Organizations

### Why Promote Truemed?



Boost participation



Higher annual elections



Tax savings



Expand benefit without added cost or administration



Streamlined account use for research-backed health interventions

1. CDC.gov - Most recent health metrics from 2014-2018. 2. HealthTracker.org