

More Ways to Use Your FSA or HSA

Did you know your FSA/HSA funds may be used on Health and Lifestyle Interventions?

Every dollar spent with FSA and HSA funds is like receiving a 30% off coupon*. Many dual-purpose health items may be eligible for FSA/HSA reimbursement—if prescribed through a Letter of Medical Necessity (LMN).

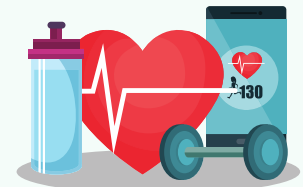
With over 90% of Americans estimated to be affected by one or more conditions—such as obesity, hypertension, respiratory issues, joint pain, heart disease, or chronic sleep problems—eligibility is more common than you might think.

What are dual-purpose items?

Dual purpose items are items that may be used for general health, but also have value in medical treatment. These items are not automatically eligible under an FSA or HSA and must be recommended through a Letter of Medical Necessity (LMN) for the prevention or treatment of a specific condition for an eligible individual.

Examples include:

- Fitness memberships and equipment
- Supplements
- Red light therapy
- Health tracking tools / apps



Explore over 3,000 merchants for potentially eligible items: [Truemed.com/shop](https://truemed.com/shop)

How Truemed works?

1



Shop for items (or filter by health condition) at [Truemed.com/shop](https://truemed.com/shop)

Browse Truemed's selection of potentially eligible products and add to your cart. When checking out, select "Truemed – Pay with HSA/FSA".

2



Complete health assessment

Take a private health survey. A licensed provider will review your answers to determine eligibility. If eligible, you'll receive a Letter of Medical Necessity (LMN) within 1–2 days and your purchase is finalized.

3



Submit for HSA/FSA Reimbursement

Follow the email instructions that are sent with your LMN to either:

1. Submit your purchase to your HSA/FSA administrator for reimbursement or
2. Provide supporting documentation for a purchase made directly with your benefits card.

Truemed is on a mission to make true medicine affordable.

*On average, 30% of gross income is paid to state and federal tax. Individual tax rates vary. To see your estimated savings, checkout the TrueSavings Estimator at [Truemed.com](https://truemed.com).