# Content Snippets

Content snippets are designed to be easily incorporated into your broader benefits communications and resources.

**Sample 1**

**Use Your FSA/HSA Like a 30% Off Health Boost**

Many health and lifestyle interventions—like fitness memberships, supplements, and wellness tech—may be eligible for reimbursement through your FSA or HSA when prescribed via a Letter of Medical Necessity (LMN).

**Truemed makes it easy:**

1. [**Shop eligible items**](https://www.truemed.com/shop) and select “Truemed – Pay with HSA/FSA” at checkout.
2. **Complete a quick health survey**. A licensed practioner will review to determine eligibility for an LMN.
3. **Receive your LMN** and submit for reimbursement

With most Americans affected by common conditions like overweight, joint pain, sleep issues, or hypertension, eligibility is more accessible than you might expect.

Learn more at Truemed and estimate your savings with their TrueSavings Estimator.