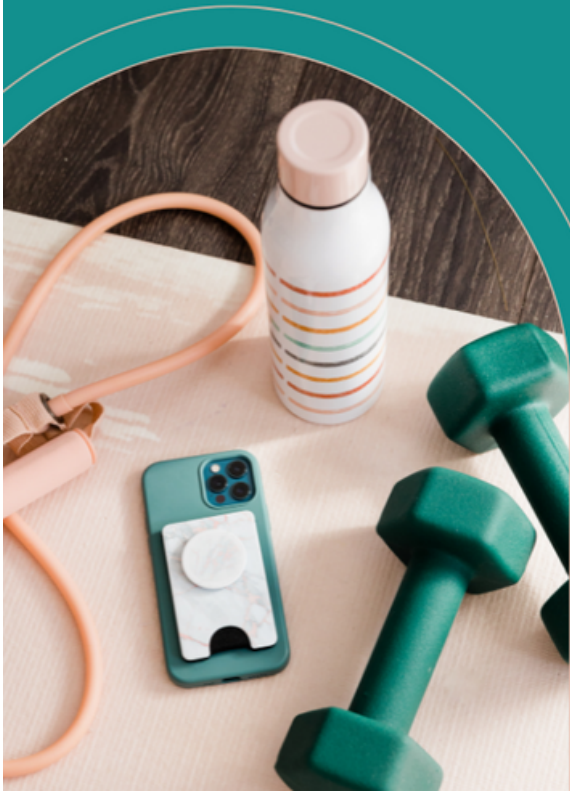


DID YOU KNOW?!

Your exercise services may be reimbursable!



✓ Check Employee Wellness Benefits

✓ Check your HSA/FSA qualified expenses

✓ Obtain exercise prescription

✓ Keep proofs of payment

✓ Support PHIT act

Fight the Fatigue[®]

- ✓ Many employers will offer a Wellness Program where you can receive reimbursement to a certain amount/year for fitness services.
- ✓ Fitness equipment, services and gym memberships may be reimbursable costs in your FSA/HSA spending. *Check with you insurance plan.
- ✓ Cancer-related fatigue, weakness and anxiety/depression are evidence-based reasons for a doctor to prescribe exercise.
- ✓ Some insurances and/or employers will require receipts for exercise services or equipment - keep these proof of payments.
- ✓ [Click here to support the Personal Health Investment Today \(PHIT\) Act to allow for exercises costs to be more easily reimbursable.](#)

