



Using Pretax Dollars for Weight Loss!

Individuals who are beneficiaries of health savings vehicles of which they, their family members, or employers have set aside pretax dollars (i.e. flexible spending accounts, health reimbursement arrangements and the newly created health savings accounts) may 'safe harbor' pretax money to participate in **Lean and Fit!** or *weight management counseling*. This benefit became available in 2002 when the IRS defined treatment for overweight conditions as tax deductible. In 2004, the IRS extended further savings on weight loss programs to consumers who use health savings vehicles to set aside money to participate in weight loss programs.

In order to take advantage of this savings the member must:

1. Have a physicians order for weight loss. The order may be written on a prescription pad or other letterhead and may read simply "patient name – referred for weight loss".
2. Contact the custodian of their particular health savings vehicle (Flex, Medical Savings Account, and Health Savings Account) to arrange for pre-tax deduction of funds for participation in **Lean and Fit!**
3. Sign up and complete the **Lean and Fit!**, ten week program any time in 2008.
4. Submit receipt to the custodian of their Health Savings Vehicle for reimbursement.

Members are responsible for verifying the conditions and terms of their particular Health Savings Vehicle for participation in weight management.

IRS document 502 further explains provisions for using pretax dollars for participation in weight loss programs. This document can be viewed at:

<http://www.irs.gov/pub/irs-pdf/p502.pdf> (see page 13 and page 15)

SIGN UP FOR LEAN & FIT! OR WEIGHT MANAGEMENT COUNSELING:

Visit with a Member Service Representative at BodyBusiness
or email us:

infoanderson@bodybusiness.com / infodavenport@bodybusiness.com