### **Can I use an HSA or FSA for Massage?**

Most insurance plans allow the use of FSA and HSA for massage therapy services. Qualification is a simple 4 step process outlined below.

**1. Contact your HR Department/Medical Insurance Provider**

Your HR department or medical insurance provider will be able to let you know if massage therapy is considered a covered treatment under your current plan.

**2. Schedule a Doctors Appointment**

Once you have been informed that massage therapy is a covered treatment option, you must next schedule a visit with your physician.

FYI: There are many conditions that are eligible for massage therapy treatment including arthritis, diabetes, cancer, carpal tunnel, tinnitus, fibromyalgia, anxiety, depression, chronic body pain, pregnancy discomfort, post and pre op recovery.

Explain to your doctor the specific symptoms of your condition, and the benefits that you found from massage therapy treatment.

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#### **3. Obtain Your Prescription**

To move forward with booking your massage with your FSA or HSA you will need a prescription from your doctor as proof that this is a needed service.

Your prescription will need to include the following:

* **Reason/Condition** such as a medical condition or injury.
* **The number of sessions you’ll require each month.** For monthly massage services or sessions that are more frequent we suggest our VIP massage membership club, [Relaxation Club](https://www.pamperusmms.com/the-relaxation-club) to help lower the cost per session.
* **The duration of the treatment.** Does your condition require a 60, 90, 120 minute session. This will be based on the Doctors professional recommendation

#### **4. Book your massage with FSA/HSA (Membership Options Available)**

After obtaining your prescription, the final step would be to book your massage therapy appointment with Pamper Us Mobile Massage Service. If you are looking for ongoing mobile massage therapy services on a monthly, weekly, or bi-weekly basis it is an easy 1 step process to add your FSA/HSA card to your file through our [Relaxation Club](https://www.pamperusmms.com/the-relaxation-club).

**PLEASE REMEMBER:** FSA/HSA benefits expire annually at 11:59pm on December 31st. Don’t waste your FSA/HSA benefits, book your mobile massage with Pamper Us Mobile Massage Service today!