

## **FSA and HSA Submission Guidelines**

### **Plantable 28 Day Dietary Intervention Program**

If you have a medical condition that could be improved by a Plantable Dietary Intervention Program, you can now work with your medical provider to use your HSA and FSA program dollars to pay for the Plantable

#### **Health Savings Account (HSA)**

- You, the Plantable customer, submits payment directly to Plantable at the beginning of the program
- Plantable generates an itemized receipt\_ and will send it to you, our customer.
- There are a few HSA programs that have their own [Letter of Medical Necessity Forms \(LOMN\)](#) that must be submitted with the program receipt, but most do not. If your program requires this form, you must ask your Primary Care Provider to fill out a Letter of Medical Necessity form that includes your diagnosis and treatment plan.
- You will then submit the HSA reimbursement form according to their plan directions and must save the Plantable receipt for IRS purposes.

#### **Flexible Spending Account (FSA) Procedure**

- You, the Plantable customer, submits payment directly to Plantable at the beginning of the program.
- Plantable generates an itemized receipt and sends it to you, our customer
- Each FSA program will have their own [Letter of Medical Necessity \(LOMN\) Form](#) that they require the Primary Care Provider to use. This form can be found on your FSA program webpage or in your Human Resources office. Once you have a copy of the form, take this to their doctor to be filled out as directed.
- You will then submit the FSA reimbursement form **and** the Plantable itemized receipt to the FSA company for reimbursement.

\*The Plantable dietary intervention program is non-refundable. We recommend that you call your FSA provider prior to the purchase of the program to verify coverage. HSA and FSA program requirements vary across the country.