**FSA Payments for Massage Therapy**

[**Massage therapy**](https://www.massageenvy.com/massage/massage-benefits/) **can be a qualified medical expense**

To ensure **FSA** coverage, have your physician recommend it with a written prescription. The IRS ruling states that medical care expenses must be primarily to alleviate or prevent a physical or mental ailment. Examples of illnesses that qualify include carpal tunnel syndrome, stress, back pain, arthritis, diabetes, hypertension, fibromyalgia, chronic fatigue, anxiety, depression and pain management.

**First Steps**

If you suffer from one, or more of the above:

1. Visit to your medical practitioner. Let him or her know that you have an FSA or HSA and *you'd like to use some of your funds toward massage for treatment or prevention of your condition.*
2. Your physician will need to provide three pieces of information on the prescription:
3. Medical necessity: why you need massage therapy (example: to relieve back pain)
4. Frequency: number of sessions per month (example: minimum of two sessions per month)
5. Duration: length of treatment (example: 12 months)

Once you've obtained the prescription, file it away in case you are ever asked to back up the expense. It's not necessary to bring the prescription to the office, but you may bring your Flex Card (if you have one) to pay for your next visit, or simply pay for our massages and turn in your receipts for reimbursement.