DID YOU KNOW FLEXIBLE SPENDING COVERS MORE THAN CO-PAYS AND OVER THE COUNTER MEDICATIONS!

With a letter of medical necessity- supplements, equipment, and even fitness memberships may be covered!

What is a Letter of Medical Necessity (LMN)?

An LMN is a written document from a medical provider that states that a certain product is recommended to treat a specific medical condition, and enables the use of FSA funds to pay for it. An LMN is required to show that an otherwise personal expense is being purchased for medical care.

Why do I need an LMN for certain products?

Under IRS rules, some products are only eligible for FSA reimbursement when a licensed healthcare provider certifies that they are medically necessary. Some items can be used for both medical and personal purposes, and an LMN helps prove that the item is intended for medical use and is recommended by a medical practitioner to treat a specific condition.

What information must be included in an LMN?

LMN content will vary, but it should include key components such as: name, credentials and signature of the medical provider; the medical condition and diagnosis; the recommended medical treatment or intervention; and why the recommended treatment is necessary for the condition.

Are there expenses that an LMN cannot cover?

Yes, not just any product would become FSA eligible with an LMN. A product that is strictly cosmetic and aimed at approving appearance will not qualify, nor will products that are not legal under federal law.

Will my FSA administrator automatically approve the LMN for reimbursement?

No, your FSA administrator will review the LMN to determine if the product or service is being purchased for a medical reason. If the LMN is approved, the product or service will be eligible for reimbursement. If it's denied, you can appeal the decision or pay out-of-pocket.

What if my LMN is denied after I purchase?

If your LMN is denied by your FSA administrator, you won’t be able to use your FSA funds for that purchase. You can appeal the denial with your administrator or pay for the item out of pocket.

For reimbursement of gym/fitness memberships, you would submit either the certification of medical necessity or a letter from your doctor outlining your necessity along with a statement from the gym confirming your enrollment, the enrollment period, and what the cost of your membership is. American Benefits will review the information and then, if approved, process the reimbursement. A blank certification form is available in the portal.

You can find equipment and supplements on the FSA store along with information on how to make an LMN purchase via the website. Shop LMN Required | FSA Store