

HEALTHCARE INFORMATION FOR CLIENTS OF ELEMENTS MASSAGE OF VIENNA

Massage Therapy may be a covered medical expense either directly through your health insurance plan OR through an FSA or HSA account.

When is Massage Therapy Covered?

Increasingly, therapeutic massage is accepted as a legitimate medical service by many health insurance plans. Consult with your plan directly on its requirements.

Under FSA or HSA plans, Massage Therapy is generally a covered medical expense if a physician recommends 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 or conditions that qualify include chronic stress, back pain, arthritis, diabetes, hypertension, fibromyalgia, chronic fatigue, anxiety, depression, or pain management.

What Steps Do You Need to Take?

First, check with your insurance plan to see if massage therapy is a covered expense,

If your insurance plan does NOT cover massage, generally, FSA and HSA credit or debit cards are typically accepted without question. However, we recommend the following steps to ensure coverage is accepted under FSA or HSA:

1. First, in order to set up massage as a qualifying expense, pay a 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 a specific condition.
2. Have your physician provide three pieces of information on the prescription:
 - **Medical Necessity:** why you need massage therapy (example: relief of back pain)
 - **Number of treatments or frequency & duration:** (example: minimum of 2 sessions per month for 12 months)
 - **The diagnosis code**
3. Once you've obtained your prescription, file it away in case you are ever asked to back up the expense. It's not necessary to bring your prescription to Elements.

What payment is accepted by Elements?

FSA or HSA debit or credit cards can be used to pay for your massage therapy. Or you can pay out of pocket and submit the claim directly to your FSA or HSA with our medical receipt.

If your insurance plan covers massage therapy, you will have to pay out of pocket and submit the claim directly to your insurance company. We will provide you with a medical receipt necessary for claim submission.

Elements of Vienna does not accept insurance cards or process claims on behalf of its customers.