

## ELIGIBILITY REQUIREMENT FOR WEIGHT LOSS PROGRAMS

You can include in medical expenses amounts you pay to lose weight, if it is a treatment for a specific disease diagnosed by a physician (such as obesity, hypertension or heart disease). This includes fees you pay for membership in a weight reduction group as well as fees for attendance at periodic meetings.

**You cannot include** membership dues in a gym, health club, or spa as medical expenses, but you can include separate fees charged for the weight loss activities. You cannot include the cost of diet food, supplements or beverages, because they are substitutes for what is normally consumed to satisfy nutritional needs.

### **Process for approval**

In order for us to reimburse the above eligible expenses, you would need a signed letter from your physician stating what disease the weight loss program is treating. This letter will have to be updated each plan year or at the end of the prescribed period.

**Example Physician Statement:** John Doe is being treated in my office for obesity. To treat the obesity, we have prescribed XYZ weight loss program.

The letter must be signed by the physician and have his/her contact information. Make sure that you submit the letter with your name, employer name and contact information. The letter will need to be sent to SABC for approval. Upon approval, expenses can be submitted.

Should you have any questions, please contact us at 601-856-9933.