



## HEALTH INSURANCE/FSA REIMBURSEMENT

More and more health insurance companies, HSAs (Health Savings Accounts), FSAs (Flexible Spending Accounts), and HR Departments cover or reimburse weight loss services such as those provided by the Weightloss Without Willpower Program & Membership and/or W<sup>3</sup> Weight Loss Coaching.

You may be able to purchase the W<sup>3</sup> Membership and/or Coaching using your FSA/HSA Card or submit as a reimbursable expense. Certain conditions apply.

### **FIRST, DETERMINE YOUR ELIGIBILITY BY FOLLOWING THESE STEPS:**

1. Contact your HSA or FSA Benefit Specialist, Vendor, or Administrator and see if you are eligible to use your FSA/HSA card or be reimbursed for the Weightloss Without Willpower Program & monthly membership subscription.
2. If required, ask your doctor to complete a letter of medical necessity or write a prescription. Attached are sample Letters of Necessity for your doctor or insurance which you can submit to your health insurance provider if needed. One is for the W<sup>3</sup> Membership and one is for W<sup>3</sup> one-on-one Coaching.
3. At checkout, use your FSA/HSA Card. Note that while we can accept FSA/HSA cards (usually as MasterCard/Visa), this does not guarantee your card will be approved. Card issuers are at liberty to accept or decline payments as they would any type of credit card.
4. If necessary, print out and submit your monthly W<sup>3</sup> receipts to your provider for reimbursement.

Weightloss Without Willpower does not guarantee that your purchase is a qualified medical expense. If you use an HSA/FSA card for your method of payment, you acknowledge that you are responsible for determining whether this purchase will be a qualified medical expense. You are responsible to submit any and all required information to the IRS, and for any penalties you may receive as a result.



Date: \_\_\_\_\_

RE: Letter of Medical Necessity for **Weightloss Without Willpower Monthly Membership** for FSA/HSA reimbursement

To Whom It May Concern,

This letter is to provide information about the membership of \_\_\_\_\_  
\_\_\_\_\_ who started the weight loss program on \_\_\_\_\_, 20\_\_\_\_.

The Weightloss Without Willpower Program is a weight loss program and monthly membership subscription. Members are charged \$297 for the Program and a recurring monthly membership fee of \$27 for the Weightloss Without Willpower program, services, community, Group Coaching, and accountability support.

As a Certified Health Coach from the Certified Health Coach Institute, and Certified Life Coach and Cognitive Behavioral Therapist from KEW Training Academy, Ltd., I have designed the Weightloss Without Willpower Program to teach women how to release excess weight physically, emotionally, and mentally by renewing the mind + retraining the brain using CBT and neuroscience techniques founded on Biblical principles. The emphasis is on learning how to detect and honor our innate hunger and satiety signals, and to change our relationship with food.

The courses we provide help women to lose weight through

- purposeful planning
- listening to their physical hunger and satiety signals
- prioritizing their need for sufficient sleep and water
- making healthful physical movement a part of their lives
- and community support and accountability.

For information about our program, please visit <http://drlaurette.net>

Sincerely,

Dr. Laurette Willis, CLC, CHC, Th.D., CBT  
Founder & CEO



Personal Transformation Coaching  
918.521.3919 | [info@praisemoves.com](mailto:info@praisemoves.com)  
[www.PersonalTransformationCoaching.com](http://www.PersonalTransformationCoaching.com)

One Plaza South Street  
Suite 229  
Tahlequah, OK 74464



Date: \_\_\_\_\_

RE: Letter of Medical Necessity for **Weightloss Without Willpower One-on-One Coaching** for FSA/HSA reimbursement

To Whom It May Concern,

This letter is to provide information about the membership of \_\_\_\_\_  
\_\_\_\_\_ who started the weight loss program on \_\_\_\_\_, 20\_\_\_\_.

The Weightloss Without Willpower Program is a weight loss program and monthly membership subscription that also offers members an opportunity to work one-on-one with a Certified Life and Weight Loss coach. Members are charged \$1,497 for the first 3 months and then pay \$297 per month thereafter if they want to continue one-on-one coaching (W<sup>3</sup> Membership is \$27/month).

As a Certified Health Coach from the Certified Health Coach Institute, and Certified Life Coach and Cognitive Behavioral Therapist from KEW Training Academy, Ltd., I have designed the Weightloss Without Willpower Program to teach women how to release excess weight physically, emotionally, and mentally by renewing the mind + retraining the brain using CBT and neuroscience techniques founded on Biblical principles. The emphasis is on learning how to detect and honor our innate hunger and satiety signals, and to change our relationship with food.

The courses we provide help women to lose weight through

- purposeful planning
- listening to their physical hunger and satiety signals
- prioritizing their need for sufficient sleep and water
- making healthful physical movement a part of their lives
- and community support and accountability.

For information about our program, please visit <http://drlaurette.net>

Sincerely,

Dr. Laurette Willis, CLC, CHC, Th.D., CBT  
Founder & CEO



Personal Transformation Coaching  
918.521.3919 | [info@praisemoves.com](mailto:info@praisemoves.com)  
[www.PersonalTransformationCoaching.com](http://www.PersonalTransformationCoaching.com)

One Plaza South Street  
Suite 229  
Tahlequah, OK 74464



**Note:** Use the letter(s) above that apply to you.

If approved, simply checkout at <http://DrLaurette.net> for the Weightloss Without Willpower Program and Monthly Membership subscription.

If applying for 1-on-1 W<sup>3</sup> Weight Loss Coaching, you must first have a W<sup>3</sup> Breakthrough Call with Dr. Laurette or one of our W<sup>3</sup> Coaches.

Go here to apply for a Breakthrough Call: <http://WeightlossBreakthroughCall.com>

Upon acceptance by W<sup>3</sup> and your insurance, we will send you an invoice. Click the payment button and checkout using your FSA/HSA card, or follow the protocol outlined by your provider (such as paying for services and then sending in your receipts for reimbursement).

Since different providers have different systems and requirements, it is up to you to familiarize yourself and follow the practices your providers require.

By the way, our MCC Code is 8099 which is eligible for weight loss coaching (*Health Practitioners, Medical Services—Not Elsewhere Classified*).

Let us know if you have any questions.

Thank you, and we look forward to serving you in Weightloss Without Willpower!

With love, rejoicing with you,

*Dr. Laurette*

Dr. Laurette Willis, CLC, CHC, Th.D., CBT

Founder & CEO

*“Whether you eat or drink or whatever you do, do all to the glory of God” (1 Corinthians 10:31).*