Health Savings Account and Flexible Spending Account Checklist

Required steps for HSA/FSA reimbursement of Palmetto Health-USC Orthopedic Center Wellness Programs

1. Ask your physician to write a prescription to Palmetto Health-USC Orthopedic Center Wellness with a diagnosis that establishes a medical need.
   - Diagnosis examples:
     - Overweight or obese
     - Diabetes
     - Metabolic syndrome
     - High blood pressure
     - Elevated cholesterol
     - Orthopedic problems that may be improved with weight loss (e.g., hip, knee and back arthritis or pain)
     - Any other medical issues that can be improved with weight loss and therapeutic exercise (e.g., osteoporosis, multiple sclerosis)

2. Bring your prescription to Palmetto Health-USC Orthopedic Center Wellness.
   The clinical director of Palmetto Health-USC Orthopedic Center Wellness will write a letter to verify that the wellness program is medically based and will provide a program description.

3. Submit all paperwork to your HSA/FSA account manager for authorization.

4. Use your HSA/FSA account for direct payment

Please contact the wellness team at 803-296-9355 with any questions or concerns.

We believe prevention is the best medicine.

Three locations for Wellness

Forest Acres
3600 Forest Dr., Suite 200
Columbia, SC 29204

Northeast Columbia
101 Business Park Blvd., 2nd Floor
Columbia, SC 29223

Lexington
102 Saluda Pointe Dr.
Lexington, SC 29072