



## FAQ: Using FSA & HSA for Group Therapy or Immersions at The Sanctuary

### **Q: Can I use my FSA or HSA for group therapy or immersions at The Sanctuary?**

Yes. Both Flexible Spending Accounts (FSAs) and Health Savings Accounts (HSAs) generally cover mental health services as qualified medical expenses. This includes group therapy and therapeutic immersions, as long as the sessions are provided by a licensed mental health professional.

### **Q: What makes The Sanctuary's group therapy and immersions different?**

Many offerings in the community—such as support groups, wellness classes, or workshops—are not covered by FSA/HSA accounts because they are not considered clinical treatment. That is why our services are unique. At The Sanctuary, all group therapy and immersion experiences are facilitated by a **licensed mental health professional**, ensuring they meet the standards required for FSA/HSA eligibility.

### **Q: What documentation do I need to submit?**

Most FSA/HSA administrators require an itemized receipt that includes:

- The provider's name and credentials
- The date of service
- The type of service provided
- The amount paid

We can provide receipts with all the required information, **upon request**, so you can easily submit them for reimbursement.

### **Q: Will I need a Letter of Medical Necessity (LMN)?**

For most clients, no. Since our sessions are considered mental health treatment led by a licensed provider, they typically qualify without additional paperwork. However, if your plan administrator requests an LMN, we can guide you on how to obtain one from your physician. However, if you do need one, we can provide a template to share with your doctor.

### **Q: What if my administrator still has questions?**

Every plan has its own guidelines. If your administrator needs clarification, we're happy to provide supporting details about your sessions at The Sanctuary.



**Please Note:** While many FSA/HSA plans cover group therapy and immersions at The Sanctuary, we cannot guarantee reimbursement. Coverage varies by plan, and **no funds will be reimbursed by The Sanctuary if your administrator denies the claim.**