

Weight Watchers[®] and your FSA

If your physician has prescribed the Weight Watchers program as treatment for obesity or an obesity-related disease, the Internal Revenue Service (IRS) may allow you to use funds from your pre-tax accounts such as your Flexible Spending Account (FSA)* to pay with tax-free dollars. This can add up to significant savings!

By taking advantage of this benefit, you'll lower your taxable income and pay less income tax. Weight Watchers qualifies for this savings, unlike many other weight-loss organizations, services, and products. Take advantage of this benefit and save!

Here's how it works

- ▶ For every dollar you contribute to your FSA to use for a qualified medical expense, your annual taxable income will be reduced by that amount. So if you're in a 25% tax bracket, you'll save 25 cents in taxes for each dollar you set aside.

Your savings will depend upon your tax bracket and actual costs.

Plan ahead and save!

- ▶ You can use tax-free dollars to pay for Weight Watchers even before your FSA contributions are deducted from your paycheck. Simply be sure that your yearly contributions will cover your expenses.

You will need to submit the following documents for payment:

- Documentation from your physician stating a medical diagnosis of obesity or an obesity-related disease and his/her referral to participate in Weight Watchers.
- Proof of payment such as paid invoices, receipts, or your Weight Watchers Membership Book stamped with your paid attendance.

For additional information about the IRS ruling, log on to www.irs.gov or www.obesity.org, or consult your tax advisor.

*The IRS also allows the use of a Medical Savings Account (MSA), Health Savings Account (HSA), or Health Reimbursement Arrangement (HRA).

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