

How to Use Your FSA (Flexible Spending Account) or HSA (Health Saving Account) for Placenta Encapsulation

- 1. Talk to your Doctor** (OB/GYN, APRN, CNM, or NP) placenta encapsulation has been practiced for centuries and now it is becoming more common. Your doctor might not know of all the benefits of having this done but you can access that directly on our website in the placenta encapsulation tab. You might have to provide this info for them but once they see the benefits your in.
- 2. Get a prescription** Your doctor shouldn't have a problem with this. They are really just writing you a referral to get the service done. They are recommending you get a service done that can only benefit you not harm you at all. If your doctor won't you might want to rethink your provider to get one that is more like you anyway.
- 3. Get an itemized bill from your placenta specialist.**
- 4. Get a Form from you HSA administrator** to submit a claim for out-of-pocket expenses. Most placenta specialists don't have the ability to accept HSA (but **Oh Baby Mine** actually has the ability). That means you might have to submit payment upfront and get reimbursed from your HSA.
- 5. Submit your prescription, itemized bill and form to your HSA administrator.**
- 6. Cash your reimbursement check!**