



5 Things to Know About Using Your HSA/FSA for Mental Health

1

Therapy & Psychiatry Qualify

You can use your Health Savings Account (HSA) or Flexible Spending Account (FSA) to cover therapy and psychiatry sessions at MindGlow Health. Both are considered eligible medical expenses.

2

No Referral Needed

You don't need a doctor's referral to use your HSA/FSA for mental health care. Simply book your session and use your card at checkout.

3

Use It or Lose It

FSA funds typically expire at the end of the calendar year. HSAs roll over, but don't wait — your benefits are meant to support you now.

4

Digital Payments Accepted

You can pay directly with your HSA/FSA debit card in our secure online system, just like you would with a credit card.

5

Therapy is an Investment in You

Your HSA/FSA funds aren't just for physical health. Using them for mental health services means you're prioritizing your well-being, growth, and resilience.

At MindGlow Health, we make it easy to use your benefits for therapy or psychiatry. Book your first session today and put your benefits to work for your mental health.

For more support, visit mindglowhealth.com.