

FOR THE PRESCRIBER

## WHAT IS REQUIRED FOR AN ERGONOMIC CHAIR TO BE ELIGIBLE FOR HSA/FSA/HRA FUNDS?

Chair, Specialized or Orthopedic” is specifically noted as HSA/FSA eligible with a letter of medical necessity (LMN) when the following conditions are met:

### 1 The chair must be ergonomic

REQUIREMENTS TO BE AN ERGONOMIC CHAIR		ANTHROS
<b>Back Rest/Angle Adjustment</b>	Being able to reposition the angles of the back rest to ensure optimal back support and the most comfortable position possible.	✓
<b>Adjustable Arm Supports</b>	Proper arm support and positioning is important to prevent carpal tunnel and other stress syndromes. At the very least, they need to be height adjustable.	✓
<b>Swiveling Base</b>	This refers to the ability to turn while seated to avoid awkward motions and reduce strain on the back.	✓
<b>Lumbar Support</b>	This is indispensable to provide reinforcement for the lower back and correct posture. It is an added bonus if this section is independently adjustable to provide optimal positioning.	✓

### 2 (According to the IRS) The ergonomic or specialized chair is needed to treat, mitigate, or prevent a medical condition

The following are examples of common conditions that could be helped by an Anthros chair:

- Upper Back Pain
- Low Back Pain
- Neck Pain
- Shoulder Pain
- Elbow or Wrist Pain
- Sciatica
- Hip Pain

**Anthros is registered with the FDA as a posture improving device #3021484401**  
<https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfRL/rl.cfm?lid=771130&lpcd=IPY>

**For more information on the specific conditions, please visit:**  
<https://fsastore.com/fsa-eligibility-list/c/chair-specialized-or-ergonomic>

# LETTER OF MEDICAL NECESSITY

To whom it may concern:

The Anthros chair, from Anthros Office, LLC. employs a patent pending independently adjustable 2 part back system that can optimally support any body type. The low back pad supports the lumbo-sacral area, supporting the pelvis in neutral, which brings the spine in an optimal "S" curve. This adjustability promotes spinal alignment and reduces disc pressures in the spinal column. The upper back can be adjusted to support the thoracic spine in elongation and is tapered, allowing the shoulders to roll back in their natural alignment while maintaining an upright posture and reducing forward head posture.

The Anthros chair tilts (vs recline), holding the optimal posture while reducing the effects of gravity. The spinal alignment and tilt position reduces the disc pressures in the spinal column (evidenced by 3D human modeling) and reduces muscle imbalances.

The arms of the Anthros chair move in four dimensions to provide the best position for the arms at 90 degrees, allowing for close positioning of the body to the desk. This optimizes keyboarding and other repetitive-motion task intensive work.

Premium caster wheels allow for ease of turning in the chair, avoiding unwanted twisting of the back or neck.

The medical benefits of the Anthros chair are supported through design feature characteristics, state of the science of seating per published medical literature, mechanical bench testing of key support surface properties, and advanced computer simulations of the chair design with a virtual human.

- 1. Design features** of the Anthros chair meets all of the US requirements for a "chair-specialized or ergonomic" for reimbursement consideration via FSA, HSA, or HRA per the IRS: <https://fsastore.com/fsa-eligibility-list/c/chair-specialized-or-ergonomic> (seat height/depth adjustment; back rest/angle adjustment; adjustable arm supports; swiveling base)
- 2. Published literature** supports the medical benefits of contoured, adjustable, supportive seating that can be customized to the individual.
- 3. Bench testing analyses** indicate notably reduced shear and pressure values at the seat interface, when the Anthros chair is compared to leading competitive office seating. This testing employs a rigid, internationally approved analog of the seated body, applied to the seat cushion per the international test standards for wheelchair seating (ISO 16840 series), as conducted by the University of Pittsburgh.
- 4. Finite element analyses** (computer simulations) indicate notably reduced shear and pressure values at the seat interface, when the specific Anthros chair design is compared to alternate office seat designs. In these analyses, a simulated human, with dimensions and mechanical properties of typical skeletal systems and soft tissues, is virtually seated upon a computer simulation of the chair. The resulting contact areas, forces, stresses, and strains are calculated.
- 5. FDA registration** as an orthotic device based on the two-part adjustable back system and how it supports individual body types in optimal posture.

## HISTORY/DIAGNOSIS:

\_\_\_\_\_ is a \_\_\_\_\_ year-old \_\_\_\_\_ with a primary diagnosis of \_\_\_\_\_.

*Client*

*Age*

*Male/Female*

*Diagnosis*

\_\_\_\_\_ also has \_\_\_\_\_ relevant to extended periods of sitting.

*Client*

*Past Medical History/Secondary Diagnosis*

\_\_\_\_\_’s height is \_\_\_\_\_ and weight is \_\_\_\_\_.

*Client*

*Height*

*Weight*

The number of hours per day the client spends in their office chair is \_\_\_\_\_ hours, for work and leisure.

*Number*

As an FDA registered orthotic #3021484401 the Anthros chair provides the back support and posture adjustability necessary to work longer hours and extend leisure time while sitting, as well as reduce the necessity for therapy and other medical treatments.

## IT IS MEDICALLY NECESSARY FOR

Patient Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

to have FDA registered orthosis, lumbo-sacral #3021484401, Anthros chair for use in their daily work. This chair will be necessary for the continued control and reduction of \_\_\_\_\_ pain.

Printed Name of Licensed Medical Professional: \_\_\_\_\_

Signature of Licensed Medical Professional: \_\_\_\_\_

Date: \_\_\_\_\_

FOR THE CONSUMER

## WHAT IS A HSA/HRA/FSA?

HSA	HRA	FSA
<p>A Health Spending Account (HSA) is a kind of personal savings account that allows you to save pre-tax dollars to use for qualified medical expenses. This account is owned by you, there is no expiration date and non-used funds roll over year after year.</p>	<p>A health reimbursement arrangement (HRA) is a kind of health spending account provided and owned by an employer. The money in it pays for qualified expenses, like medical, pharmacy, dental and vision, as determined by the employer.</p> <p>Other key things to know about HRAs are:</p> <ul style="list-style-type: none"> <li>• Only your employer can put money in an HRA</li> <li>• You don't pay taxes on money that comes from an HRA</li> <li>• Your employer decides whether to let unused funds roll over from one year to the next</li> <li>• Employers have more say in how HRAs work and have more options to choose from than other health spending accounts.</li> </ul>	<p>A Flexible Savings Account (FSA) is an account that you put pre-tax dollars into to use for qualified medical expenses. The account is owned by the employer and unused funds at the end of the year are granted to the employer.</p>

## HOW DO I USE MY HSA/FSA/HRA ACCOUNT TO PAY FOR MY ANTHROS CHAIR?

Since every insurance carrier is different, the process of using your HSA funds will vary. Call your HSA Administrator to learn the process for your carrier.

### Common processes:

1. Get a LMN from a medical professional (MD, PA, NP, Chiropractor)
2. Pay out of pocket, or use your HSA/FSA to purchase your Anthros chair online
3. Submit your LMN to your HSA/FSA provider
4. Get reimbursed from your HSA/FSA funds

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