



MFA AND THE PHIT ACT

What is the PHIT Act?

The **Personal Health Investment Today (PHIT) Act** is legislation pending in Congress (S. 482) which will allow Americans to use Pre-Tax Medical Accounts to pay for physical activity expenses. The **PHIT Act** will provide an incentive for adults and their children to get fit which will help prevent healthcare costs related to preventable chronic diseases.

After passing in the House of Representatives by a huge margin, the PHIT Act now needs to pass in the Senate – just one step closer to becoming official – and you can help make it happen!

How would the PHIT Act work?

The **PHIT Act** would allow Americans to pay for health expenditures such as health club memberships and youth sports league fees using pre-tax accounts, such as Health Savings Accounts and Flexible Spending Accounts.

Under S.482, individuals would be able to use up to \$1,000 per year and families may use up to \$2,000 to pay for physical activity expenses.

What can I do to help pass the PHIT Act?

The **PHIT Act now needs to pass in the Senate** – just one step closer to becoming a reality. **YOU can help make that happen!**

Reach out to your US Senator today!



Call your US Senator by dialing: **202-224-3121**



E-mail your US Senator by visiting:

http://www.phitamerica.org/advocate/advocate_phit.htm



“Snail mail” your US Senator at: **Office of Senator (Name)
Washington, D.C. 20510**

“We know that improved health starts with exercise, nutrition and lifestyle choices. The best way for our health system to begin to address runaway healthcare costs is to incentivize people to be healthier. Encouraging life-long fitness as a national goal will help control costs through prevention and chronic disease management and the PHIT Act will make it easier for Americans to get and stay fit.”

Bob Boone, President and CEO
Medical Fitness Association

Reach Out to Your Senators Today and Tell Them...

1. **Sign on as a co-sponsor** of the Personal Health Investment Today Act (PHIT) (S. 482)
2. **Physical inactivity is a major public health problem** and a leading cause of preventable deaths, stress, and exploding health care costs.
3. PHIT **creates incentives** for Americans to become more physically active. This is critical, given that rates of obesity and chronic disease have reached harmful levels.
4. The bill will help **reduce health care costs**, 86% of which go toward diagnosing and treating chronic diseases, many of which are preventable with regular exercise.