LETTER OF MEDICAL NECESSITY

[1]Health Care Flexible Spending Account / Health Reimbursement Account / Health Savings Account

[2] Insurance Reimbursement

<table>
<tr><td>Date:</td><td>Employer Name:</td></tr>
<tr><td>Employee Name:</td><td>SSN/FSA ID:</td></tr>
<tr><td>Patient Name:</td><td>Relationship to Employee:</td></tr>
<tr><td colspan="2">Height: Weight: BMI:

BMI Calculator[3]: Normal Weight: 18.5 – 24.9; Overweight: 25 – 29.9; Obese: 30 – 39.9; Extreme Obesity: 40+</td></tr>
<tr><td rowspan="2">Diagnosis:

Patient is overweight or obese and has the following weight related medical condition(s):

__ Type 2 Diabetes ____ Cardiovascular disease

__ Asthma ____ Hypertension

__ Metabolic Syndrome ____ Sleep Apnea

__ Chronic Joint Pain/Arthritis

__ Obesity ____ Other (describe below)</td><td>Recommended Treatment:

I recommend a behavioral based weight loss regimen/program focused on a healthy diet and increasing physical activity with Evolve Into Wellness LLC

How will treatment alleviate the diagnosis?

Weight loss has been shown to improve [this/these] clinical condition[s] and other associated risk factors.</td></tr>
<tr><td>Duration of treatment required:</td></tr>
<tr><td>[MAY USE STAMP IN LIEU OF INFORMATION BELOW]

Service Provider Name:
Service Provider signature:
Service Provider License # and State:
Address:
City: State:
Zip Code:
Phone Number:</td><td>SERVICE PROVIDER STAMP</td></tr>
</table>

[1] Flexible Spending Accounts, Health Reimbursement Accounts, or Health Savings Accounts may reimburse you for weight loss program costs and also may reimburse you for food costs in certain circumstances where a special diet is medically necessary. Check with your plan administrator for details.

[2] Most insurance companies do not reimburse for weight loss programs but some do. Beginning January 2014, the Affordable Care Act requires certain insurance plans to reimburse for weight loss counseling. Check with your plan administrator.

[3] BMI Table can be found online at: http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm