



Personal Health Investment Today (PHIT) Act

HR 1218 / S 2218

What it does »

The Personal Health Investment Today (PHIT) Act would make it easier for Americans to be physically active. Specifically, it would allow individuals or families to pay for bicycles, bike education classes, ride fees as well as other fitness equipment and gym memberships, with dollars from pre-tax accounts, like flexible spending accounts (FSAs) and health savings accounts (HSAs).

Currently, Americans predominantly use pre-tax health accounts to pay for prescription drugs, doctor visits, examinations and screenings. The PHIT Act would allow consumers to set aside up to \$1,000 per person or \$2,000 for families from their HSA and FSA accounts to costs related to prevention in the form of increased physical activity, to be paid with pre-tax dollars.

PHIT will help reverse the sedentary/obesity trend by providing an economic incentive to invest in physical activity. Financial incentives have been used effectively to encourage home ownership, retirement savings and higher education; PHIT would do the same for investment in improved health via physical activity.

Why it matters »

» 64% of American adults and 34% of American children suffer from being overweight or obese and from physical inactivity. These rising rates of obesity and Americans' proclivity for inactivity are resulting in double digit annual increases in healthcare costs to the government and families.

» The Centers for Disease Control and Prevention (CDC) estimates that healthcare costs directly associated with inactivity were \$76.6 billion in 2000; roughly one-third of those costs (\$25 billion) fall directly on U.S. taxpayers since approximately one in three Americans is covered by a taxpayer-funded health plan.

» The PHIT Act also helps families invest in the long term health of their family. Depending upon their income tax bracket, the PHIT Act could help Americans save 20-30% on the cost of physical activities, exercise programs and related expenses.

To co-sponsor please contact »

HR The PHIT Act was introduced by Representatives Boustany (R-LA) and Kind (D-WI).

To co-sponsor please contact:

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S.2218 The PHIT Act was introduced by Senators Thune (R-SD), Murphy (D-CT),

Isakson (R-GA) and Donnelly (D-IN). To co-sponsor please contact:

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The PHIT act can increase biking, making ourselves, our communities, and our country healthier.

The 2014 US Bicycling Participation Benchmarking Report by People for Bikes found that:

» 54% of Adults in the US perceive bicycling as a convenient way to get from one place to another.

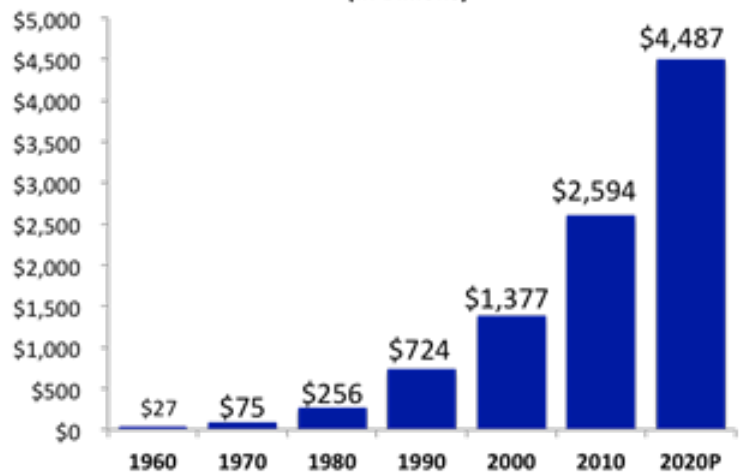
» 53% would like to ride more often, but

» 48% don't have access to an operational bike at home.

Whis is the PHIT Act important to healthcare reform?

Healthcare spending continues to rise at an alarming rate. Medical expenditures account for 17% of the money generated by the U.S. economy. By 2015 the U.S. will spend \$1 of every \$5 (\$4 trillion) on medical expenses.

Healthcare Costs 1960 – 2020
(In Billions)



Centers for Medicare and Medicaid Services 2012 California Healthcare Foundation

Physical activity results in a great ROI: Invest \$1.00, SAVE \$3.20!

A top priority of healthcare reform is to reduce spending. The World Health Organization reported that in the U.S. an investment of \$1.00 in physical activity leads to \$3.20 in medical costs savings. Let's help reduce healthcare cost increases by having a more fit and healthy America.



The PHIT Act allows pre-tax dollars to pay for bike education classes, including this Confident City Cycling class presented by Bike Arlington and Washington Area Bicyclist Association.