

SARA BREWER

COACHING

Date: _____

RE: Letter of Medical Necessity for Overcome Pornography for Good for FSA/HSA reimbursement

To whom it may concern,

This letter is written to provide information about the membership of _____ who started our overcome pornography program on _____.

Overcome Pornography for Good is a life-time access health and wellness program. Members pay up front or sign up for 6 to 12 month payment plans ranging from \$190-\$430.

As a Trauma Informed and Advanced Certified Life Coach, I've created The Overcome Pornography for Good Program to help teach individuals how to quit unwanted pornography use. This program is generally for individuals who are not "addicted" but want to learn to quit occasional or compulsive pornography use.

The courses and coaching provided help individuals to quit porn through:

- realistic planning
- learning mindfulness skills
- emotional awareness and emotional resiliency
- and redefining their view on their ability to quit pornography.

For information about our program, visit www.sarabrewer.com/fsa-and-insurance.

Sincerely,



SARA BREWER, Founder & CEO