

# WHAT CAN YOU DO TO HELP PASS THE PHIT ACT?

SENATE BILL 680

HOUSE BILL 1679

Call your U.S. Congressperson



House of Representatives:  
**202-225-3121**

Senate:  
**202-224-3121**

Email your U.S. Congressperson



IHRSA made it easy to email your legislators with a pre-filled form at  
**[ihrsa.org/send-a-phit-letter](https://ihrsa.org/send-a-phit-letter)**

## WHAT TO SAY TO YOUR CONGRESS MEMBER

- 1** Sign on as a co-sponsor of the Personal Health Investment Today Act (PHIT) (S.680 and H.B.1679).
- 2** Physical inactivity is a major public health problem, and a leading cause of preventable deaths, stress, and exploding health care costs.
- 3** PHIT would allow Americans to pay for health expenditures such as health club memberships and youth sports league fees using pre-tax accounts, like HSAs and FSAs. Under the PHIT Act 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.
- 4** 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.
- 5** With a small investment today, 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.