



# The 2026 Executive Longevity Playbook to HSA-Eligible Restorative Arts

Presented by Gentlemen Health & Wellness | Doctress Numbiya Aziz - [www.GentlemenHealth.com](http://www.GentlemenHealth.com)

*Official 2026 Edition: Prepared for Partners, Patients, and Performance Directors*

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## THE 2026 EXECUTIVE LONGEVITY PLAYBOOK

### Restorative Arts for High-Performance Aging



**WHAT IS A DOCTRESS?**

- 1. THE CLINICAL BRIDGE:** A specialized medical support liaison providing expert advocacy and navigational support.
- 2. THE EXECUTIVE LIAISON:** The link between the high-performance male and his medical providers—translating protocols into actionable Longevity Plays.
- 3. THE GUARDIAN OF RESTORATION:** Mastery of restorative arts and tax-advantaged (HSA/FSA) coordination.

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## THE 2026 EXECUTIVE LONGEVITY GUIDE

### Restorative Arts for High-Performance Aging

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#### Why Restorative Arts?

Restorative Arts are not just "wellness." They are clinical interventions designed to alleviate chronic pain, restore cognitive function, and prevent the musculoskeletal decline associated with high-stress executive roles.

Service	HSA/FSA Status	Clinical Justification
<b>Shockwave Therapy</b>	<b>Fully Eligible</b>	Non-invasive treatment for chronic pain, tendonitis, and pelvic health.
<b>Sleep Fitness</b>	<b>Eligible (with LMN)</b>	Treatment for diagnosed sleep apnea, insomnia, or circadian disorders.
<b>Rhythmic Stretch</b>	<b>Eligible (with LMN)</b>	Medical massage or physical therapy fusion to treat diagnosed stiffness or injury.
<b>Direct Primary Care</b>	<b>NEW for 2026</b>	HSA funds can now pay for DPC monthly fees (up to \$150/mo).

## Part I: The 2026 Executive Health Opportunity

In 2026, the definition of corporate wellness has shifted from "gym discounts" to **Medically-Backed Longevity**. The IRS has responded by expanding HSA/FSA limits to include high-touch restorative arts that combat chronic "Desk-Body" syndrome, executive burnout, and professional athlete performance decline. For the elite professionals; these accounts are no longer just "emergency funds"—they are **Executive Longevity Funds**.

### 2026 Limits & Key Updates:

- **Individual Contribution:** \$4,400\*\* (+\$100 from 2025)
- **Family Contribution:** \$8,750\*\* (+\$200 from 2025)
- **Catch-Up (Age 55+):** \$1,000 additional
- **Direct Primary Care (DPC):** HSA funds can now pay for DPC monthly fees (up to \$150/individual).

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## Clinical Coding Matrix for Restorative Support

To ensure your restorative treatments at **Gentlemen Health & Wellness** are recognized as **Qualified Medical Expenses**, we provide documentation utilizing the following 2026 ICD-10-CM (Diagnosis) and CPT (Service) codes.

### I. Executive Longevity & Mobility Drive

*Addressing the "Sedentary Executive Syndrome" and "Tech Neck."*

- **ICD-10 M54.50:** Low back pain, unspecified (Desk-body anchor)
- **ICD-10 M54.2:** Cervicalgia (Chronic neck pain)
- **ICD-10 M62.838:** Muscle spasm / Myofascial restriction
- **CPT 97140:** Manual Therapy Techniques (Rhythmic African-Thai Stretch)

## Part II: The Vascular Reset

Numbiya Aziz provides each patient with a **Letter of Medical Necessity (LMN - from partner Medical Director Advisor/M.D)** linking your treatment to these specific medical codes, validating your pre-tax investment in your vitality.

### 1. Restorative Advance Soft Tissue Shockwave Therapy (Li-ESWT)

*A non-invasive, cellular-level medical intervention for chronic inflammatory pain and vascular health.*

- **M77.31 / M77.32:** Plantar Fasciitis (Tendon repair) / Lateral epicondylitis (Golf/Tennis Elbow)
- **M75.10:** Rotator Cuff Syndrome (Executive shoulder health)
- **CPT 0101T:** Extracorporeal Shockwave Therapy (Musculoskeletal)
- **CPT 0864T:** Low-Intensity Shockwave Therapy for ED (Vascular Restoration)

### 2. Rhythmic African-Thai Medical Stretch

*Deep-tissue mobility fusion to treat sedentary restrictions and back pain.*

- **M54.50:** Low Back Pain (Desk-body anchor code)
- **M54.2:** Cervicalgia (Neck pain from 'Tech Neck')
- **M62.838:** Muscle Spasm / Myofascial stiffness
- **CPT 97140:** Manual Therapy Techniques

### 3. Sleep Fitness & Cognitive Restoration

*Medical protocols to eliminate "brain fog" and restore REM cognitive cycles. Restoring REM cycles to eliminate burnout and decision-fatigue.*

- **ICD-10 G47.20:** Circadian rhythm sleep disorder (Work-schedule related)
- **ICD-10 G47.00:** Insomnia, unspecified
- **CPT 94660:** Sleep therapy management / Clinical Sleep Fitness protocol

## Part III: The Athlete's Edge: Sports Medicine & Performance

*Specialized restorative arts for professional athletes, sports GMs, and Performance Directors.*

- **Z02.5:** Examination for participation in sport (Pre-season baselines)
- **T73.3:** Exhaustion from excessive exertion (Overtraining syndrome)
- **Activity Codes (Supporting context):**
  - **Y93.61:** American tackle football
  - **Y93.52:** Golf
  - **Y93.67:** Basketball

## IV. Male Intimate Health & Vitality Consulting

*Vascular restoration and clinical performance coaching.*

- **ICD-10 N52.9:** Male erectile dysfunction, unspecified
- **ICD-10 N52.01:** ED due to arterial insufficiency (Vascular focus)
- **CPT 0864T:** Low-intensity ESWT involving corpus cavernosum (Sexual Health Shockwave)

## Part V: The "Success Path" for Reimbursement

1. **Download the Guide:** (You just did!)
2. **IIEF Assessment:** Meet with Doctress Aziz to identify your primary clinical drivers.
3. **LMN Issuance:** Get your pre-vetted Letter of Medical Necessity.
4. **Claim Submission:** Submit your receipt and LMN to your administrator. In 2026, most administrators offer an "Auto-Pay" feature for pre-approved restorative protocols. Invest your pre-tax dollars in your peak vitality

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## Executive Value of your 90-minute sessions:

Treatment Series	Total Investment	HSA/FSA Impact	Clinical Goal
<b>Foundational (6 Sessions)</b>	<b>\$3,000</b>	Fully covered by individual limits.	Vascular Reset & Mobility Baseline.
<b>Restorative (12 Sessions)</b>	<b>\$6,000</b>	Covered by Family or Carry-over funds.	Chronic Pain & Tendon Repair.
<b>Advanced (18 Sessions)</b>	<b>\$9,000</b>	Strategic multi-month tax planning.	Severe Vascular & Myofascial Restoration.

### "Invest Your Executive Longevity Funds Wisely."

Our 6-session **Vascular Reset Protocol** is a complementary medical support specifically designed to fit within the 2026 IRS HSA/FSA contribution limits. Receive 1.5 hours of elite medical restoration per visit—nearly 5x the duration of standard clinical care—fully documented for your pre-tax reimbursement.



When we are delivering advanced Rhythmic Stretch or performance recovery, particularly to high-performance male executives or athletic builds, a standard massage table is a severe logistical bottleneck. A 40-inch width means that a linebacker's shoulders do not hang off the edge, and their long legs are fully supported. Universal comfort *starts* with structural support, and only this table delivers that.

### **1. Universal Physical Inclusion**

For high-performance males and diverse body types, size is a primary comfort barrier. A standard narrow table forces a client to constrict their posture, making dynamic stretching impossible or unsafe. The massive 40" W by 88" L footprint eliminates the physical boundaries of the table, ensuring that shoulders, arms, and legs are fully supported without risk of hanging off, providing immediate cognitive safety and relaxation.

### **2. Maximum Clinical Stability for Deep Range of Motion**

Advanced Thai stretching requires leverage. This table is a powerful, non-negotiable structural anchor. When delivering traction or rotational stretches to large athletes, a strong table is medically necessary. The width and length provide the therapist the space required for complex positioning and leverage, while the massive, heavy-duty frame ensures the table *does not move* under lateral force, enabling deeper, safer movement.

### **3. Executive Restorative Arts and Psychological Safety**

True recovery requires complete surrender of muscular tension. A client with a powerful build *will not relax* if they perceive themselves to be physically bigger than the support provided. Psychological comfort is achieved when the client can cognitively release all control of their posture to the heavy-duty structural integrity of the table. The 40" W x 88" L ensures they know, without doubt, they are physically secure.

## Service Package Descriptions for Gentlemen Health

### 1. The Foundational Reset (6 Sessions)

**Total Investment: \$3,000** *Recommended for: Initial Vascular and Musculoskeletal Baselines*

- **Targeted Recovery:** 9 total hours of elite medical support (1.5 hours per visit).
- **Integrated Care:** Each session includes **Soft Tissue Shockwave (Li-ESWT)** for cellular-level repair, **Rhythmic African-Thai Medical Stretch** to eliminate "Tech Neck" and low back pain, and **Clinical Sleep Fitness** to restore REM cycles.
- **HSA/FSA Ready:** This package is strategically priced to fit within the 2026 individual contribution limits (\$4,400). Includes a Letter of Medical Necessity (LMN) for seamless pre-tax reimbursement.

### 2. The Restorative Protocol (12 Sessions)

**Total Investment: \$6,000** *Recommended for: Chronic Pain, Tendonitis, and Long-Term Mobility Stabilization*

- **Targeted Recovery:** 18 total hours of specialized restorative arts.
- **Clinical Focus:** Intensive focus on chronic inflammatory pain (Plantar Fasciitis, Rotator Cuff Syndrome) and deep-tissue myofascial restriction.
- **Financial Strategy:** Ideal for clients utilizing Family HSA/FSA contributions (\$8,750) or multi-month executive health planning. Full clinical documentation for all relevant ICD-10 and CPT codes provided.

### 3. The Advanced Executive Path (18 Sessions)

**Total Investment: \$9,000** *Recommended for: Severe Vascular Issues, High-Impact Athletes, and Total Body Overhaul*

- **Targeted Recovery:** 27 total hours of high-touch clinical intervention.
- **Elite Intervention:** Our most comprehensive path for treating "Overtraining Syndrome," severe vascular insufficiency, and chronic "Desk-Body" syndrome.
- **Executive Liaison Support:** Ongoing medical navigation support to ensure your restorative arts are fully integrated into your high-performance lifestyle.





### **Connect With Gentlemen Health & Wellness**

We are the premier male workforce partner for Silicon Valley's elite industry leader professionals: Medical, Corporate, Union, Judicial, Law, Emergency, Construction, Sports, Recreational, Media, Government, Transportation, Agriculture, Environment, Associations, Education, Military, and Foundations

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