



NORTHLAND RED LIGHT THERAPY

Photobiomodulation (PBM) Service Description & FSA/HSA Information Packet

Business Name: Northland Red Light Therapy

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Service Overview

Northland Red Light Therapy provides full-body Photobiomodulation (PBM) sessions utilizing professional-grade red light and near-infrared (NIR) light therapy equipment.

Photobiomodulation, commonly referred to as Red Light Therapy (RLT), is a non-invasive modality that uses specific wavelengths of red and near-infrared light to support cellular function. These wavelengths are absorbed by chromophores within cells, particularly within the mitochondria, where they support cellular energy production (ATP), circulation, tissue repair processes, recovery, and overall cellular health. Photobiomodulation has been the subject of thousands of scientific studies investigating its effects on cellular function, recovery, inflammation management, circulation, tissue repair, neurological health, and overall wellness.

Research-Supported Applications of Photobiomodulation

Scientific research has investigated photobiomodulation for its role in supporting:

Cellular Health & Energy Production

- Mitochondrial function
- Cellular energy production (ATP)
- Cellular repair and regeneration
- Reduction of oxidative stress
- Healthy aging and cellular resilience

Pain & Inflammation Management

- Temporary relief of muscle discomfort

- Temporary relief of joint discomfort
- Inflammation management
- Exercise recovery
- Reduction of post-exercise soreness

Circulation & Vascular Health

- Healthy blood flow
- Microcirculation
- Tissue oxygenation
- Vascular function

Nerve Health & Neurological Support

- Peripheral nerve support
- Neuropathy-related symptoms
- Nerve recovery and regeneration
- Neurological wellness

Recovery & Healing

- Tissue repair processes
- Soft tissue recovery
- Wound healing support
- Injury recovery
- Post-surgical recovery support

Skin Health

- Collagen production
- Skin rejuvenation
- Reduction in the appearance of fine lines and wrinkles
- Overall skin health and appearance

Metabolic, Endocrine & Whole-Body Wellness

- General wellness and vitality
- Recovery capacity
- Cellular performance
- Overall health optimization
- Metabolic health
- Energy regulation
- Thyroid health support
- Endocrine system wellness

Research in these areas continues to evolve, and individual results may vary. Eligibility for FSA/HSA reimbursement is determined solely by the client's healthcare provider and benefit plan administrator.

Services Available

Northland Red Light Therapy offers professional full-body photobiomodulation sessions using red and near-infrared light therapy technology.

Available Session Lengths:

- 10 Minutes
- 15 Minutes
- 20 Minutes
- 25 Minutes

Sessions are performed using professional-grade photobiomodulation equipment designed to deliver therapeutic red and near-infrared wavelengths to the body.

Common Conditions for Which Clients Seek Healthcare Approval

Clients may seek physician approval or a Letter of Medical Necessity as part of a broader health and wellness plan related to:

- Arthritis and joint pain
 - Chronic pain conditions
 - Neuropathy and nerve-related discomfort
 - Musculoskeletal injuries
 - Inflammation-related conditions
 - Recovery following surgery
 - Soft tissue healing
 - Circulation concerns
 - Recovery from athletic activity
 - Migraine and headache support
 - Autoimmune and inflammatory conditions
 - Conditions affecting recovery and healing capacity
 - Sleep-related concerns
 - Fatigue and low energy concerns
 - Thyroid health concerns
 - Autoimmune thyroid conditions (as part of a healthcare-directed wellness plan)
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Emerging Areas of Photobiomodulation Research

Photobiomodulation continues to be studied for its potential role in supporting:

- Cognitive health and brain function
- Healthy aging and longevity
- Neurodegenerative conditions, including Parkinson's disease
- Neurodegenerative conditions, including dementia and Alzheimer's disease

- Mood and emotional well-being
- Depression-related symptoms
- Anxiety-related symptoms
- Thyroid function and thyroid health
- Autoimmune thyroid conditions, including Hashimoto's thyroiditis
- Metabolic health and energy regulation
- Stress resilience
- Mental clarity and cognitive performance
- Brain health and neurological function
- Immune system support
- Immune system regulation

Research in these areas is ongoing. Clients should consult their physician or healthcare provider regarding the appropriateness of photobiomodulation as part of their individual care plan.

Documentation Available Upon Request

Northland Red Light Therapy can provide documentation that may be requested by healthcare providers, FSA/HSA administrators, or reimbursement programs, including:

- Itemized receipts
- Invoices
- Proof of payment
- Service descriptions
- Business information
- Session documentation

Additional documentation may be provided upon request.

FSA/HSA Information

Some Flexible Spending Account (FSA) and Health Savings Account (HSA) plans may reimburse photobiomodulation services when the treatment is considered medically necessary and supported by appropriate healthcare documentation.

Depending on the benefit plan, reimbursement may require:

- A physician recommendation
- A Letter of Medical Necessity (LMN)
- Supporting medical documentation
- Itemized receipts and proof of payment
- Submission of this service description

Coverage, approval, and reimbursement decisions are made solely by the client's FSA/HSA plan administrator. Requirements vary by plan.

Disclaimer

Northland Red Light Therapy provides photobiomodulation services intended to support health, wellness, recovery, and quality of life. Our services are not intended to diagnose, treat, cure, or prevent any disease or medical condition. Photobiomodulation services should not be considered a substitute for professional medical advice, diagnosis, or treatment. Clients should consult their healthcare provider regarding the appropriateness of photobiomodulation for their individual circumstances.

Northland Red Light Therapy

Professional Photobiomodulation Services

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