

# The 4-Code Cheat Sheet.

Four IRS code sections. One payroll-tax engine. Decades of legal precedent.

## SECTION 125

THE PRE-TAX ELECTION

Cafeteria Plan

Allows employees to elect pre-tax deductions from gross wages for qualified benefits — before income tax and FICA hit.

## SECTION 106(a)

EMPLOYER HEALTH ON TOP

Employer-Provided Health Coverage

Allows employer contributions to health benefits to flow pre-tax to the employee — no income tax, no FICA. Stacks on top of §125.

## SECTION 105 + 1.105-11

THE LEGITIMATE PATH

Self-Insured Medical Reimbursement Plan (SIMRP)

Defines how an employer reimburses qualified medical expenses tax-free — WITHOUT routing through §125. This is the structural choice that survives IRS scrutiny. Programs that ran reimbursement back through §125 collapsed.

## SECTION 213(d)

THE BRIGHT LINE

Definition of Qualified Medical Care

Lists what counts as medical care for tax purposes — preventative services, telehealth, mental health, care navigation, chronic condition support. Anything outside §213(d) is taxable. Period.

### HOW THEY STACK

Employee elects PCMP via §125 → premium pre-taxed → employee participates in §213(d)-qualified preventative care → SIMRP reimburses the premium under 1.105-11 (NOT through §125) → employer FICA reduced, employee net paycheck increased.

### WHY THIS ISN'T A GIMMICK

Programs that collapsed under IRS scrutiny shared the same flaw: they ran reimbursement back through §125 (double-dipping), or they reimbursed activities (steps, gym memberships) instead of §213(d) qualified care. ProfitGuard Plus is structured the opposite way — written plan documents, ERISA-counsel review, and real preventative care delivery.



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