



*{insert the date and addressee information here}*

Dear *{insert health plan name here}* health plan representative,

Childhood obesity has become an epidemic in the United States. As a clinician serving families and youth, I am writing to you to ask for your support in ensuring that I am able to follow established best practices for prevention, assessment and management of childhood obesity. It is well established that the costs of childhood obesity are resulting in a significant expense to the U.S. healthcare system. Prevention and early intervention are crucial. I would appreciate your help and collaboration in fighting this epidemic. I know that your goal is to provide cost effective care to your members based on established best practices.

I ask that you please review the best practice guidelines for coding and reimbursement of prevention and primary care management that have been developed by the Arizona Chapter of the American Academy of Pediatrics Childhood Obesity committee as part of an award winning toolkit for clinicians in practice, which can be viewed [here](#) and is attached for your convenience.

In my practice, I have determined the following:

- I am not being paid for services and codes that have been determined to be best practices for management of childhood obesity
- I am finding it challenging to identify nutritionists/dieticians available in your health plan network who have expertise in childhood obesity
- Dietician/nutrition services are not adequately covered/paid
- It is difficult to know what is covered on the plan. It would be beneficial for the physician and member to have easy access to what is covered.
- *{Insert other comments here based on your concerns, specific codes that you do not believe are being reimbursed}*

I have enclosed examples of the above concerns for patients I treat who are enrolled in your health plan.

Recent studies have indicated that there are inadequate numbers of specialists currently available to serve overweight and obese children. Thus, it is crucial that primary care providers are able to provide adequate prevention and management services to these patients. Please consider changes in your health plan policies that will help me to follow the established best practice guidelines in my practice.

Thank you.

Sincerely,

*{Insert your name here}*

