

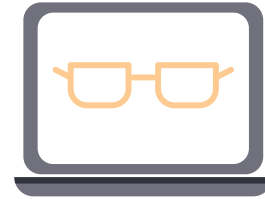
# HOW TO GET COVERAGE ON **TREATMENTS YOU NEED**

There are proven treatments available for people living with excess weight. If you're trying to get coverage for a medication, consultation or procedure through your private insurance company, these tips can help.



## **TALK WITH HR**

THE HR DEPARTMENT AT YOUR WORKPLACE CAN HELP YOU FIGURE OUT WHAT'S COVERED AND APPEAL DECISIONS.



## **READ ONLINE**

GO TO YOU OR YOUR PARTNER'S INSURANCE BENEFITS WEBSITE TO DETERMINE WHAT'S COVERED.



## **FIND OUT WHY**

IF A TREATMENT OR MEDICATION IS NOT COVERED, FIND OUT THE RATIONALE WHY.



## **ASK ABOUT GENERIC MEDICATIONS**

IF YOUR MEDICATION ISN'T COVERED BY YOUR INSURANCE, ASK YOUR DOCTOR ABOUT WHETHER THERE'S A SIMILAR GENERIC MEDICATION.



## **ASK ABOUT AN EXCEPTION**

ASK ABOUT THE EXCEPTION PROCESS FOR DENIED COVERAGE DECISIONS. WHAT FORMS NEED TO BE SUBMITTED?



## **SEEK AN EXCEPTION**

WRITE A REBUTTAL LETTER, INCLUDING REASONS WHY THIS TREATMENT IS NECESSARY FOR IMPROVING YOUR QUALITY OF LIFE.

For more information on this topic, please visit <http://myweightwhattoknow.com/blog/wellness/>