

[Provider Letter Head]

Date

Name of Insurance

Insurance Address

RE: Health and Wellness Coaching
Jennifer Collier, NBC-HWC
Letter of Medical Necessity (LMN)

Patient Name

Subscriber/ID Number

To Whom It May Concern:

I am writing on behalf of my patient and your subscriber **insert patient name**, subscriber ID **insert subscriber ID**, DOB **insert date of birth**, to request predetermination/prior authorization for CPT III code(s): **select all that apply**

- 0591T Health and Well-Being Coaching face-to-face; individual, initial assessment
- 0592T individual, follow-up session, at least 30 minutes
- 0593T group (two or more individuals), at least 30 minutes

With diagnosis code of: **insert all that apply**

- **Insert ICD-9 codes**
- **Insert ICD-9 codes**

Based on evaluation and assessment of the available medical literature, I believe that Health and Wellness Coaching is warranted and medically necessary for **insert patient name**.

Patient history, diagnoses, and treatment:

Insert physician's comments

The American Medical Association supports the use of Health and Wellness Coaching, stating "Health coaching improves health outcomes by ensuring that patients understand their care plans. Two randomized controlled trials showed improvements in HbA1c and LDL-cholesterol management in patients who received health coaching compared with controls who did not receive coaching. Moreover, health coaching improves medication adherence and increases patients' trust in

their physician. In another randomized controlled trial, patients working with health coaches reported greater satisfaction with their care than patients without health coaches.” The AMA also states, “Health coaching is a team-based approach that helps patients gain the knowledge, skills and confidence to become active participants in their care. The old saying, “Give a man a fish, and he eats for a day. Teach a man to fish, and he eats for a lifetime” demonstrates the difference between rescuing a patient and coaching a patient. Patients with chronic conditions need to learn how to fish. Health coaching can be supplemented with health literacy strategies and effective communication techniques, such as ask-tell-ask, teach-back and/or action planning to ensure patient comprehension of their care plans and help them achieve their goals.”

Thank you for your time and consideration of my request. Please contact me if you wish to discuss this client’s treatment plan or require additional information. I can be reached at ***insert phone number***.

Sincerely,

Name and Signatures

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