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Insurance xyz
ID #

Re:

To whom it may concern:

I was diagnosed with Celiac Disease in xxxxx. Celiac Disease (CD) is an autoimmune disease where proteins found in wheat, barley, rye and most oats trigger an immune system response that results in damage to the small intestine. Failure to follow a gluten-free diet can cause a host of preventable diseases and conditions, such as anemia, osteoporosis, malnutrition, cancer, pregnancy complication or other autoimmune diseases. Not only can this be life-threatening and painful, but these conditions also require a lot of costly treatments and medications. The only treatment for CD is a lifelong strict gluten-free diet. There is no drug or other treatment.

I received a denial of my claim on XX for Medical Nutrition Therapy, and I would like to appeal. My thorough understanding of CD and ability to follow a gluten-free diet is the only way to manage this lifelong condition and prevent further medical complications. It is as necessary as insulin is for a diabetic and medications are for someone with heart disease. Nutrition services are necessary for my care, and *The NIH Consensus Statement on Celiac Disease* states that "consultation with a skilled dietitian is essential". Nutrition services are listed as one of the six key elements for the management of CD.
<http://consensus.nih.gov/2004/2004CeliacDisease118html.htm>

I hope you will consider covering this nutrition counseling session. Not only is nutrition counseling necessary for *all* people with CD, but this service will also translate into significant monetary savings in both short and long-term care.

Thank you for your consideration.

Respectfully,

Cheryl Harris, MPH, RD