

Transition to Adult Health Care

If you are denied or have a problem don't give up!
You may need to persist and keep asking for clarification about what additional information is needed.

- You can appeal or your human resources benefits coordinator can advocate for coverage.
- Your congressman helps with interpretation of the law and as an advocate.
- There is always the option of an internal review as well as an external review by calling the Office of Patient Protection 800-436-7757.
- The Patient Advocate Foundation (800-532-5274) offers free advocacy services to patients with chronic, life-threatening, or debilitating illnesses.

We know that the road to getting health coverage may be full of difficulties. However, now you know what route to follow and you have the forms and letters you may need.

Remember:

- Take one step at a time.
- Every contact starts with a call and may need many explanations.
- Keep a day planner where you write down phone contacts to be able to refer to later. Note name, phone number, issue discussed and plan.
- Keep one file just for medical/insurance information. This makes it easy to look back.
- Don't get discouraged!

A Guide to Getting PKU Formula & Low Protein Food covered by health insurance



Children's Hospital Boston
Transition to Adult Care Education Initiative



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