***Letter of Medical Necessity***

Date: *Month, Day, Year*

TO: *Insurance Company*

FROM: *Physician Name*

SUBJECT: Request for coverage/ reimbursement for Resource**®** ThickenUp® Clear powder.

I am requesting insurance coverage and reimbursement on behalf of my patient, *Name/Date of Birth****.***I have prescribed Resource® ThickenUp® Clear powder manufactured by Nestlé HealthCare Nutrition Inc. as a food and beverage thickening agent to help provide swallowing support in connection with *Diagnosis or Condition.*

*Verify medical necessity for formula, including: diagnosis, documented failure or intolerance to other formulas, current HT/WT/IBW, history of wt loss, pertinent lab results, medications, potential outcome if formula were denied.*

Resource® ThickenUp® Clear powder is an instant food and drink thickening powder for adults and children over the age of three. This product is intended for the nutritional management of patients with dysphagia, who may require a thickening agent to provide swallowing support.

Resource® ThickenUp® Clear powder is a clear, easy-to-use, thickening agent to provide swallowing support for people with dysphagia. The product can be used in a wide range of hot or cold foods and beverages. Liquids mixed with Resource® ThickenUp® Clear powder do not have alterations in taste or odor[[1]](#footnote-1). The product dissolves quickly and easily without creating lumps.

Dysphagia is a serious and widespread problem. In the US, it is estimated that there are 24.6 million cases of dysphagia, including more than 14 million cases in elderly patients.[[2]](#footnote-2),[[3]](#footnote-3) Dysphagiasufferers have an increased risk of aspiration pneumonia[[4]](#footnote-4). Resource® ThickenUp® Clear powder is clinically shown to improve swallowing safety in dysphagia patients by reducing the risk of aspiration compared with thin liquids.[[5]](#footnote-5) Intervention with swallowing therapy and modified consistency liquids and foods have been demonstrated to reduce the risk for pneumonia-related readmissions, improve hydration and nutrition intakes[[6]](#footnote-6), and avoid weight loss6.

Resource® ThickenUp® Clear powder is recognized by the Centers for Medicare and Medicaid Services (CMS) as a food thickener, administered orally, per ounce, found in HCPCS Category B4100.

Thank you for taking the time to review this request. Please contact me should you require any additional information.

Sincerely,

Signature:

Name:

Title:

Attachments: *If relevant, include pertinent information supporting evidence of medical necessity and product information. Please refer to* [*www.NestleHealthScience.us*](http://www.NestleHealthScience.us) *for product information.*

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| --- | --- |
| **Key Nutrients** | **Per** **1 packet (1.4g) or 1 scoop (1.4g)** |
| Calories | 5 |
| Total Fat (g) | 0 |
| Total Carbohydrate (g) | 1 |
| Protein (g) | 0 |

1. Nestlé Healthcare Nutrition. Data on File. [↑](#footnote-ref-1)
2. United Nations. World Population Prospects: The 2010 Revision. http://esa.un.org/unpd/wpp/Excel-Data/DB02\_Stock\_Indicators/WPP2010\_DB2\_F01\_TOTAL\_POPULATION\_BOTH\_

   SEXES.XLS [↑](#footnote-ref-2)
3. Mold JW, Reed LE, Davis AB, Allen ML, Decktor DL, Robinson M. Prevalence of gastroesophageal reflux in elderly patients in a primary care setting. *Am J Gastroenterol* 1991;86:965 -70. [↑](#footnote-ref-3)
4. Kasprisin AT et al. Efficacy of rehabilitative management of dysphagia. *Dysphagia.* 1989; 4(1):48-52. [↑](#footnote-ref-4)
5. Leonard R et al. *J Acad Nutr Diet*. 2014;114:590-594 [↑](#footnote-ref-5)
6. Martens et al. Effects of a multidisciplinary management program on neurologically impaired patients with dysphagia. *Dysphagia.* 1990;5(3):147-151. [↑](#footnote-ref-6)