***Letter of Medical Necessity***

Date: *Month, Day, Year*

To: *Insurance Company*

From: *Physician Name*

Subject: Request for coverage/reimbursement for ThickenUP® Clear powder.

I am requesting insurance coverage and reimbursement on behalf of my patient, *Name/Date of Birth*. I have prescribed ThickenUP® Clear powder manufactured by Nestlé Health Science 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 weight loss, pertinent lab results, medications, potential outcome if formula were denied.

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.

ThickenUP® Clear powder is a clear, easy-to-use thickening agent used 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 ThickenUP® Clear powder do not have alterations to taste or odor. 1 The product dissolves quickly and easily without lumps.

Dysphagia is a serious and widespread problem.2 In the U.S., it is estimated that 10% to 33% of older adults have difficulty swallowing solids, liquids or both.3 Dysphagia sufferers have an increased risk of aspiration pneumonia.4 ThickenUP® Clear powder is clinically shown to improve swallowing safety in dysphagia patients by reducing the risk of aspiration compared with thin liquids.5 Intervention with thickened liquids is a common recommendation with the goal of slowing down the flow of liquids to allow more time for airway closure. Increasing viscosity of the bolus has been demonstrated to improve swallowing function 6 which may reduce the risk of aspiration pneumonia, may improve nutritional status and increase quality of life.7

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 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 [ThickenUp® Clear | Nestlé Medical Hub for Healthcare Professionals (nestlemedicalhub.com)](https://www.nestlemedicalhub.com/products/thickenup-clear) for product information.

|  |  |
| --- | --- |
| **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.
2. United Nations. World Population Prospects: The 2022 Revision. https://population.un.org/wpp/
3. Thiyagalingam S, Kulinski A et al. Dysphagia in older adults. *Mayo Clin Proc*. 2021;96(2):488-497.
4. Lo WL, Leu HB, Yang MC et al. Dysphagia and risk of aspiration pneumonia: a nonrandomized, pair-matched cohort study*. J Dent Sci*. 2019;14(3):241-247.
5. Leonard R et al. Effects of bolus rheology on aspiration in patients with dysphagia. *J Acad Nutr Diet*. 2014;114(4):590-594.
6. Clavé P, de Kraa M at al. The effect of bolus viscosity on swallowing function in neurogenic dysphagia. *Aliment Pharmacol Ther*. 2006;24:1385-94.
7. Dessut Vieira D, Callegaro C et al. Changes in food consistency improve quality of life related to swallowing in post-stroke patients at risk of dysphagia. *Journal of Food and Nutrition Research*. 2018; 6(1):62-68.