



## Checklist

# Access to Pain Care

## Plan

- If you are planning to file an appeal with your health insurance provider, make sure that you have read and understand your coverage program.
- Collect your medical history, records and bills.
- Enlist the help or support of a caregiver or friend to double-check your correspondence.

## Do

- Begin with the formal and appropriate appeals process.
- Be polite in all communications with insurers.
- Be persistent!

## Check

- Seek out additional support from organizations like the Patient Advocate Foundation regarding your options.

# Act

- Continue to follow up and advocate for your right to timely and appropriate pain care.
- Monitor for opportunities to testify for improved access to pain care at Medicaid hearings.
- On a broader pain advocacy level, consider sharing your struggles and triumphs with accessing pain care through other forms of advocacy, such as media outreach.