Sample Letter of Medical Necessity for Vitiligo Treatment

[Date]  
[Insurer name]  
Attn: [Name of individual]  
[Address]  
  
re: [Patient name]  
[Policy number]  
  
Dear [Insurer name]:  
  
I am writing on behalf of [Patient name] to document the medical necessity of [insert treatment option here] for the treatment of vitiligo. This letter provides information about the patient’s medical history and diagnosis and a statement summarizing my treatment rationale.  
  
Vitiligo, or the depigmentation of skin and hair, is a medical condition that can have a devastating effect on a patient's quality of life, causing physical discomfort, secondary skin problems, social/emotional sequelae such as anxiety and depression, and occupational and relationship challenges. This has certainly been true for [Patient name], who has been impacted by vitiligo for [insert duration of symptoms here].   
Specifically, [he or she] has had difficulties with [insert quality-of-life, social/emotional and/or career/daily living problems here].  
  
[Discuss patient’s diagnosis, treatment history, and degree of illness]  
  
[Insert patient's name] has tried the aforementioned therapies thus far without success and I, therefore, recommend [insert treatment option here] as the next logical choice for treating [his or her] vitiligo.  
  
In light of this clinical information, and this patient’s condition, [insert treatment option  
here] is medically necessary and warrants coverage. Please contact me at [(000) 000-  
0000] if you require additional information.  
  
Sincerely,  
[Physician’s name]

Enclosed: Vitiligo Research Documentation

Selected Vitiligo Research References

Elbuluk N, Ezzedine K. [Quality of Life, Burden of Disease, Co-morbidities, and Systemic Effects in Vitiligo Patients.](https://pubmed.ncbi.nlm.nih.gov/28317521/)*Dermatol Clin*. 2017;35(2):117-128. doi:10.1016/j.det.2016.11.002

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Yucel D, Sener S, Turkmen D, Altunisik N, Sarac G, Cumurcu HB. [Evaluation of the Dermatological Life Quality Index, sexual dysfunction and other psychiatric diseases in patients diagnosed with vitiligo with and without genital involvement](https://pubmed.ncbi.nlm.nih.gov/33191544/) [published online ahead of print, 2020 Nov 15]. *Clin Exp Dermatol*. 2020;10.1111/ced.14511. doi:10.1111/ced.14511

Bae JM, Lee SC, Kim TH, et al. [Factors affecting quality of life in patients with vitiligo: a nationwide study.](https://pubmed.ncbi.nlm.nih.gov/28391642/) *Br J Dermatol*. 2018;178(1):238-244. doi:10.1111/bjd.15560

Nicolaidou E, Mastraftsi S, Tzanetakou V, Rigopoulos D. [Childhood Vitiligo.](https://pubmed.ncbi.nlm.nih.gov/30911977/) *Am J Clin Dermatol*. 2019;20(4):515-526. doi:10.1007/s40257-019-00430-0

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