

## *Letter of Medical Necessity*

Date:

TO:

*[Flex Spending Account Administrator]*

FROM:

*[Physician Name]*

*[Physician Address]*

*[Physician Office Phone #]*

*[Physician Office Fax #]*

SUBJECT: Request for Flex Spending Account reimbursement for Flavis<sup>®</sup> dietary foods

I am requesting FSA reimbursement on behalf of my patient, *[Name]*, *[Date of Birth]*. I have prescribed Flavis<sup>®</sup> brand low protein foods, manufactured by Dr. Schar Inc. for the dietary management of chronic kidney disease (CKD).

The effectiveness of low protein diets in treating chronic kidney disease, and postponing the need for dialysis is well documented in the medical literature. Additionally, medical nutrition therapy with low protein diet has been found to maintain renal function, provide adequate nutrition, and decreasing mortality in people diagnosed with CKD.<sup>1,2,3,4,5,6</sup>

Flavis<sup>®</sup> consist of dietary foods for medical use, including pastas, confectionery, bread, bread substitute products (in particular rusks, crispbread, crackers, biscuits, waffles), pasta, and flour that are low in protein, and meet the caloric and nutritional needs of patients with chronic kidney disease, thus being an integral component of the low protein diet.

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

Sincerely,

Signature: \_\_\_\_\_

Name:

Title:

1. Kalantar-Zadeh, K., and Fouque, D. (2017) Nutritional Management of Chronic Kidney Disease. *New England Journal of Medicine*, 377:1765-76.
2. Cupisti, A., Brunori, G., Raffaele Di Iorio, B., et al. (2018) Nutritional treatment of advanced CKD: twenty consensus statements. *Journal of Nephrology*, <https://doi.org/10.1007/s40620-018-0497-z>.
3. Rhee, C.M., Ahmadi, S.F., Kovesdy, C.P., et al. (2018) Low-protein diet for conservative management of chronic kidney disease: a systematic review and meta-analysis of controlled trials. *Journal of Cachexia, Sarcopenia and Muscle*, 9: 235-245.
4. De Waal, D., Heaslip, E., Callas, P. (2016) Medical Nutrition Therapy for Chronic Kidney Disease Improves Biomarkers and Slows Time to Dialysis. *Journal of Renal Nutrition* 26(1):1-9.
5. Velazquez Lopez, L., Sil Acosta, M.J., Goycochea Robles, M.V., et al. (2008) Effect of protein restriction diet on renal function and metabolic control in patients with type 2 diabetes: a randomized clinical trial. *Nutricion Hospitalaria* 23(2): 141-147.
6. Hansen, H.P., Tauer-Lassen, E., Jensen, B.R., et. Al. (2002) Effect of dietary protein restriction on prognosis in patients with diabetic nephropathy. *Kidney International* 62:220-228.