Dealing with Insurance Denials: A Migraine Patient’s Guide

1. Identify the “Why?”
   Denials can stem from issues like:
   - Clerical errors
   - Services considered “not medically necessary”
   - Medications that need prior authorization

2. Ask for Direction
   Your insurer can answer questions about the denial. Your doctor’s office may offer advice about appealing.

3. Document & Record
   Keep notes on phone calls and important dates. Maintain copies of the appeal letter you send and other correspondence with the insurance company.

Find tips, tools & one-on-one help with insurance issues