

M&M Training and Nutrition

(940) 257-1994

support@mandmtrainingandnutrition.com

HQ: Wichita Falls, TX



Request for Letter of Medical Necessity

OVERVIEW

Please present this document to your healthcare provider when requesting a Letter of Medical Necessity. This will facilitate the approval process for utilizing your Health Savings Account (HSA) or Flexible Spending Account (FSA) for services including nutrition coaching and personal training.

General Information

- Patients seeking to manage their body composition, crucial health indicators, or address specific health concerns through preventative measures may benefit from our certified personal trainers and nutritionists.
- Our professional team offers international services and collaborates with primary care providers to integrate and enhance the existing healthcare plans.
- If necessary, we can facilitate referrals or consultations within our extensive network of private healthcare providers.

Description of Services

- Personal training may be considered a medical necessity for patients with specific needs related to body composition, muscle catabolism, or safety concerns that necessitate supervised physical activities.
- Many health insurance plans recognize guided physical exercise as a form of preventative healthcare; however, verification with your individual plan is advised.
- Nutrition programming might be classified as medically necessary for individuals presenting elevated cardiovascular risks, challenges in managing blood glucose levels, or dietary-related body composition issues.

Program Details

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- We offer flexible programming options, including month-to-month arrangements and comprehensive package programs.
 - M&M Labs, our affiliate, provides direct-to-consumer diagnostic bloodwork panels.
 - Services tailored towards competitive athletes, such as physique analysis and supplement consultations, are generally not covered under preventative healthcare or recognized as medical necessities.

Health Benefits

- Our clients typically experience significant enhancements in laboratory markers, including reductions in blood glucose levels, hbA1c, improved lipid profiles with better HDL/LDL ratios, resolution of vitamin deficiencies, and better liver and kidney function.
- Our services are endorsed by numerous healthcare providers and practices, with testimonials and partner information available on our website and social media platforms.

Expected Outcomes & Justification for Necessity

- Participants in our programs generally achieve healthier biomarkers, decreased cardiovascular risks, and increased lean body mass.
- We provide educational resources to empower clients to sustain healthy lifestyle choices well beyond the program duration.