

Date

Dear \_\_\_\_\_

“Senator....”

“Secretary “

“Mr. President / Mr. Obama”

SAY WHO YOU ARE. GIVE SOME CONTEXT

“My name is ....”. “I am / my family is covered by BCBS of Florida” “I am being treated for....”

WHY YOU ARE WRITING, WHAT YOU ARE ASKING THEM TO DO.

I am writing to (“express my concern about BCBS’s plan” / “urge you take action to stop BCBS from”( “the drastic changes in my / our mental health coverage that they are making” / “what they are doing with my mental health care”).

DESCRIBE WHAT BCBS IS DOING:

“They are requiring my/our psychiatrist/therapist to accept a 40% reduction in reimbursement in order to continue seeing me”, “they are requiring my psychiatrist / therapist to agree to work with a managed mental health company that will be allowed to violate my privacy by accessing my previously confidential treatment records”

My psychiatrist / therapist is not going to accept the conditions BCBS is mandating.

DESCRIBE (1) HOW THIS WILL AFFECT YOU / YOUR FAMILY (2) HOW IMPORTANT IT HAS BEEN WORKING WITH YOUR PSYCHIATRIST / THERAPIST (3) WHAT IT WOULD BE LIKE IF YOU WERE NOT ABLE TO CONTINUE SEEING THEM, (4) WHAT IT WILL COST YOU FINANCIALLY IN ORDER TO CONTINUE SEEING YOUR PSYCHIATRIST / THERAPIST.

YOU CAN ADD SOMETHING REGARDING HOW THIS DISCRIMATES AGAINST YOU AND OTHERS WHO NEED MENTAL HEALTH CARE.

“Would BCBS be allowed cut 40% from payments only to medical professionals working with AIDS patients”

“Doesn’t the mental health parity act prevent insurance companies from discriminating against individuals and families who need mental health care?”

END BY REPEATING WHAT YOU HOPE THEY WILL DO

“I urge you to take action / closely examine / investigate / help prevent“.

POLITE ENDING

“Thank you in advance for your help”

“Thank you for your time and consideration”

“I appreciate your help”

“Sincerely”

YOUR NAME

SOME WAY YOU WOULD LIKE THEM TO CONTACT YOU:

- ADDRESS
- PHONE NUMBER
- EMAIL ADDRESS