

Important tips for your Doctor, Therapist to include For the best possible chance of getting approved the first time

Functionality - are you able to do your “everyday” activities at home, such as cooking, cleaning, etc.? If so, what is preventing you from working? NOTE: Transportation issues like your inability to drive is NOT considered under the disability plan. In other words, if you can perform the essential functions of your job with or without accommodations, then you are expected to be at work even if you have to find alternate means of transportation due to your inability to drive.

Severity - What is it that is so severe about your condition (I.e. the degree of impairment) that would keep you from doing your job?

Objective Data - While it is helpful for the doctor to document your reported subjective complaints, ATT IDSC wants to know what clear, obvious and objective symptoms or complaints the doctor observed during your office visits that would support your inability to work.

Test Results - These are always helpful and also, if you have had similar testing in the past, it helps to be able to compare any changes. If you have had this condition for some time, and have been working, what happened that resulted in a change in your condition?

What was the “triggering event”?

Diagnosis/treatment plan - This seems pretty basic, but sometimes the doctor doesn't show ALL of the diagnoses. There may be more than one diagnosis, e.g. pregnancy complications with depression. If no diagnosis has been made but testing is being done, then the member needs to advise their doctor to provide medical documentation to show the functional impairment that he/she believes is preventing the employee from doing his/her job and why(e.g. severity).

Any Medications/changes/any reactions/side effects - ATT IDSC needs to be aware of ALL your medication and the reason(s) you are taking them.

Any referrals to a therapist, physical therapy, psychiatrist, specialist, etc. -If you have been referred, please make sure that you notify ATT IDSC and also ask the provider(s) to send their chart notes/test results to ATT IDSC as well.

Impairment - Here is the bottom line. Just because you have a diagnosis or a subjective complaint (e.g. undiagnosed pain), doesn't automatically mean that you are incapable of doing the essential functions of your job, with or without some modifications and/or restrictions. The provider must address the items shown above in detail and in a timely fashion to show what it is about your condition that is keeping you from doing your job.