

## IBD Insurance Checklist

Complete the IBD Insurance Checklist for each insurance plan you are considering in order to compare coverage across plans. The checklist will help you determine which plan best suits your current and future health care needs.

Bring this checklist with you when attending appointments with your medical practitioner which are focused on assessing your health care needs.

*This checklist was adapted from one created by the [Crohn's and Colitis Foundation](#).*

### Current Care

- For each insurance plan you are considering, list all current services and medications you require to determine if your current care is covered by a prospective insurer.
- Indicate if a current service or medication is considered in-network or out-of-network

Type of Provider/Service	Name of Provider	In-Network	Out-of-Network
Medications (i.e., all prescriptions, over-the-counter medications)			
Treatment Supplies (ie., ostomy or pelvic pouch)			
Specialist Services (e.g., psychologist, counselling, pain management)			
Other Health Services (e.g., in-home health care)			

## Treatment Needs

- For each insurance plan you are considering, list all potential treatment needs to help determine which insurance plan will work best for you.

Type of Provider/Service	Covered (Y/N)	Referral or preapproval needed? (Y/N)	Co-pay/ coinsurance/ deductible?	What are the limits or maximums?
Medications (i.e., all prescriptions, over-the-counter medications)				
Infusion/Injection Therapy (i.e., Remicade, Humira, Inflectra)				
Treatment Supplies (i.e., ostomy or pelvic pouch)				
Psychologist or Counselling				
Pain Management				
Physical Therapist				
Other Health Services (e.g., in-home health care)				