



NFL PLAYERS
ASSOCIATION

Considerations when Selecting Healthcare Providers

When seeking care for your health, please keep the following in mind:

1. Credentials and License of the Healthcare Provider. Make sure the professional you are seeing has the appropriate credentials and license in the state you are seeing him/her. As a reminder, NFL Therapeutic Use Exemption Applications will only be considered when you are under the care of a licensed MD/DO physician.
2. Prohibited Substances List for the NFL Policy on Performance-Enhancing Substances. Bring the list with you to your appointment and make sure the provider reviews the list prior to prescribing medication, supplements and/or treatments. The Prohibited Substances List for the NFL Policy on Performance-Enhancing Substances is available to you on the NFL Drug Policies Contact Information website (<https://pesnfl.com>) under *Policy Resources*.
3. Please refer to the NFL Supplements Memo if you are prescribed a supplement as part of your treatment. The NFL Supplements Memo is available to you on the NFL Drug Policies Contact Information website (<https://pesnfl.com>) under *Policy Resources*.
4. If you have a question about the medication, supplement or treatment you are being prescribed containing a prohibited substance, contact John A. Lombardo, MD the Independent Administrator of the NFL Policy on Performance-Enhancing Substances at 614-620-6052 or jlombardo@drjalombardo.com.
5. TUE applications must be approved *prior* to starting on any medication. Do not take medication that contains a prohibited substance until you receive approval from Dr. Lombardo. Instructions to submit a TUE Application via the NFL TUE Portal are available on the NFL Drug Policies Contact Information website (<https://pesnfl.com>) under *Policy Resources*. If you have questions, contact Dr. Lombardo, at 614-620-6052 or jlombardo@drjalombardo.com.

As a reminder, the NFL Policy on Performance-Enhancing Substances is a strict liability policy, you are responsible for what is in your body. If you have any questions about healthcare providers, contact your team medical personnel or the NFL/NFLPA medical personnel.