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 practitioner 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. 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/cmservices/#/login](https://pesnfl.com/cmservices/#/login)) under Policy Resources.

3. **If you have a question about the medication you are being prescribed containing a prohibited substance,** contact Dr. John A. Lombardo, Independent Administrator, NFL Policy on Performance-Enhancing Substances at 614-620-6052 or jlombardo@drjalombardo.com.

4. **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/cmservices/#/login](https://pesnfl.com/cmservices/#/login)) under Policy Resources. If you have questions about a TUE or TUE application, contact Dr. Lombardo, at 614-620-6052 or jlombardo@drjalombardo.com.

If you have any questions about healthcare providers, contact your team medical personnel or the NFL/NFLPA medical personnel.