



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>) 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>) 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.