



Therapeutic Use Exemptions

The NFL recognizes that within the list of prohibited substances there are medications that are appropriate for the treatment of specific medical conditions. For athletes who require the use of a prohibited substance to treat an appropriately diagnosed medical problem, a Therapeutic Use Exemption (TUE) may be requested. In reviewing a TUE request, the Independent Administrator of the NFL Policy on Performance-Enhancing Substances and the Medical Advisor for the Policy and Program for Substances of Abuse have sole discretion to require medical evidence beyond that normally necessary to initiate treatment by the medical community.

TUEs may be granted by the Independent Administrator and/or Medical Advisor after review of a player's TUE application. The TUE application should be filled out and submitted by the player's treating physician and should include all pertinent medical records documenting the diagnosis. After review of each case, the advisors may require further diagnostic testing or previous medical records, and/or may utilize the services of expert consultants. The advisors will have the final decision whether to grant a TUE.

The following general requirements apply to all TUE requests:

1. The medication must be necessary and indicated for treatment of the specific medical problem for which it has been requested;
2. Acceptable alternative treatments with medications that are not prohibited were attempted but failed, or reasons for not prescribing these alternative treatments have been presented;
3. Appropriate evaluation has been completed and all medical records documenting the diagnosis have been submitted for review; and
4. The applicant may not begin use of the prohibited substance until after the TUE is granted.

All players granted a TUE for prohibited substances may be subject to expanded testing under the Policy during the year.

A TUE may be granted retroactively only if emergency use of the prohibited substance is necessary to avoid morbidity or mortality of disease or disorder. TUEs for draft-eligible players will continue to be reviewed and granted prior to or following pre-employment tests at Combine or during visits to individual team facilities.

In addition, specific requirements have been established and must be satisfied in order to obtain a TUE for the following conditions:

- ADHD
- hypertension
- hypogonadism

Any player who seeks to be treated by a licensed physician (MD or DO) with a prohibited substance for any condition must have that physician file a TUE application with the Independent Administrator. If a player tests positive for a prohibited substance without having been granted a TUE, this constitutes a positive test and will be referred for administrative action.

**Required Documentation – Initial Application
NFL Therapeutic Use Exemptions**

All TUE Applications are reviewed by a physician. The physician must be able to make the diagnosis from the available documentation and there must be evidence to support the treatment with a prohibited substance. The required documentation serves as a guide. Please add any additional laboratory testing, diagnostic imaging and/or clinical information/documentation that was used to make the diagnosis under Additional Documentation when completing the application on the NFL TUE Portal. All documents must be uploaded as PDF (.pdf) files.

Please note email addresses for both the physician and athlete are required to complete the TUE application. All communication regarding TUE's will be sent directly to the physician and athlete from admin@nfltue.com.

Required Documents for Initial TUE Submission by Diagnosis Category

Diagnosis Category	Required Documents
ADHD – Attention Hyperactivity Deficit Disorder <i>For draft eligible/college athletes only</i> All active NFL players or free agent players must complete an evaluation with a psychiatrist certified to complete NFL ADHD evaluations – contact your teams head athletic trainer or Dr. Lombardo.	(1) Initial Evaluation and Testing (i.e. Neuropsych) performed to make the diagnosis (2) Initial Medical Note when medication was prescribed (3) Most Recent Medical Note (4) Copy of Most Recent Prescription
Altitude Illness	(1) Medical Note
Growth Hormone Deficiency	(1) Medical Evaluation (2) Laboratory Results (3) Diagnostic Testing
Hypertension	(1) Medical Evaluation (2) Laboratory Results
Hypogonadism Prior to undergoing an evaluation for hypogonadism contact Dr. Lombardo. The evaluation and laboratory result requirements are very specific. During the evaluation process, drug testing must be scheduled and completed.	(1) Medical Evaluation (2) Laboratory Results
Infertility	(1) Medical Evaluation & Medical Notes (2) Laboratory Results
Obesity	(1) Medical Evaluation & Medical Notes (2) Laboratory Results
Sleep Disorders	(1) Medical Evaluation (2) Sleep Studies
Other	Check with Dr. Lombardo. This will require submission of all documentation to make the diagnosis.

If you have any questions, please contact John Lombardo, MD, Independent Administrator of the NFL Policy on Performance-Enhancing Substances via email at jlombardo@drjalombardo.com.

Required Documentation – Renewal Application
NFL Therapeutic Use Exemptions

If an active NFL Player or Free Agent Player has been previously granted a TUE for use of a prohibited substance, use the below table as a guide for required documentation for renewal of the TUE. All TUE Applications are reviewed by a physician. The physician must be able to follow the treatment plan from the available documentation and there must be evidence for treatment with the medication. Please add any additional laboratory testing, diagnostic imaging and/or clinical information/documentation that was done since the previous TUE approval under Additional Documentation when completing the application on the NFL TUE Portal. All documents must be uploaded as PDF (.pdf) files.

Required Documents for Renewal TUE Submission by Diagnosis Category

Diagnosis Category	Required Documents
ADHD – Attention Hyperactivity Deficit Disorder	(1) 2 Medical Notes at least 90 days apart with the most recent within 60 days of submission (2) ASRS Completed with each of the 2 required Medical Notes (3) Submission of all Medical Notes related to ADHD care
Altitude Illness	Not eligible for renewal, submit a new application.
Growth Hormone Deficiency	(1) Medical Notes (2) Laboratory Results
Hypertension	(1) Medical Notes
Hypogonadism	(1) Medical Notes (2) Laboratory Results
Infertility	Not eligible for renewal, submit a new application.
Obesity	(1) Medical Notes
Sleep Disorders	(1) Medical Notes
Other	Not eligible for renewal, submit a new application.

If you have any questions, please contact John Lombardo, MD, Independent Administrator of the NFL Policy on Performance-Enhancing Substances via email at jlombardo@drjalombardo.com.

Using the NFL TUE Portal to Submit a TUE Application to the NFL Policy on Performance-Enhancing Substances

All Therapeutic Use Exemption (TUE) applications for active NFL players, Free Agent players and Draft Eligible/College Players must be submitted through the NFL TUE Portal for Review. As a reminder, **if an athlete tests positive for a prohibited substance prior to being granted a TUE, the positive test will constitute a violation of the Policy with all the ramifications of a violation.**

Review the TUE General Requirements, specific requirements by diagnosis and this document prior to starting the application on the NFL TUE Portal. You must complete the application in one sitting. If you have any questions on TUE requirements, contact John Lombardo, MD, Independent Administrator, NFL Policy on Performance-Enhancing Substances at jlombardo@drjalombardo.com prior to starting an application.

1. Go to <https://nfltue.com>
2. Click on **Sign In**



Therapeutic Use Exemptions



3. Select **New Outside Application**



User Sign In

Email

Password

[Sign in](#)

[New Outside Application](#)


[Forgot your password?](#)

[Didn't receive confirmation instructions?](#)

[Didn't receive unlock instructions?](#)

[Player Sign In](#) [Provider Sign In](#)

4. Complete the New TUE Application form and when complete click **Create Application**

Resources Sign In

New TUE Application

Player Information

TUE Information ☐ Renewal

Physician Information

Your Information

5. Review Terms of Services and click **Understood** to proceed.

Terms of Service ×

By accepting these terms, I hereby acknowledge and certify that I am authorized to disclose any information or documentation that I submit or upload to this portal for purposes of applying for a Therapeutic Use Exemption on behalf of myself or on behalf of the individual applying for a Therapeutic Use Exemption. I further understand and acknowledge that the acceptance of the player's application for a Therapeutic Use Exemption, the player's medication and dosage that is subject to the Therapeutic Use Exemption, and the expiration date of the player's Therapeutic Use Exemption may be disclosed to the team physicians and/or team athletic trainers for the player's respective Club for treatment purposes.

6. On the next form, first you will need to add the official medical diagnosis.
- a. Click on **Search** and then type the official medical diagnosis in the blue bar. Select the correct diagnosis.

Diagnosis

Search

None selected

- b. Type the official medical diagnosis in the blue bar and select the correct diagnosis.

Diagnosis

Search

atten

F90.0 Attention-deficit hyperactivity disorder, predominantly inattentive type
F90.1 Attention-deficit hyperactivity disorder, predominantly hyperactive type
F90.2 Attention-deficit hyperactivity disorder, combined type
F90.8 Attention-deficit hyperactivity disorder, other type
F90.9 Attention-deficit hyperactivity disorder, unspecified type

Add Diagnosis

- c. Once the diagnosis is listed, click **Add Diagnosis**.

Diagnosis

Search

F90.2 Attention-deficit hyperactivity disorder, combined type

Search Diagnoses

Add Diagnosis

None selected

- d. This will add the diagnosis to the application.

Diagnosis

Search

Search Diagnoses

Add Diagnosis

ICD10 Code: F90.2	Attention-deficit hyperactivity disorder, combined type
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7. Next, you will need to add the medication the athlete is requesting a TUE to take.
- a. Click on **Add Medication**, enter the required information (medication name, dosage and frequency).

Medications

Add Medication

Name	Dosage	Frequency
None selected		

- b. Click **Submit**.

The screenshot shows a form titled "Medications" with a table for adding new medications. The table has three columns: "Name", "Dosage", and "Frequency". The "Name" column contains "Adderall XR", the "Dosage" column contains "10 mg", and the "Frequency" column contains a dropdown menu set to "once a day (AM)". To the right of the table is a blue "Submit" button, which is being clicked by a mouse cursor. Below the table, there is a red-bordered box containing the text "None selected".

- c. This will add the medication to the application.

The screenshot shows the same "Medications" form, but now the medication "Adderall XR" with a dosage of "10 mg" and frequency of "once a day (AM)" has been added to the table. A red "X" icon is visible in the rightmost column of the table row, indicating that the medication can be deleted.

- d. If you enter the medication incorrectly, delete the medication by clicking on the red x.

The screenshot shows the "Medications" form with the medication "Adderall XR" in the table. A mouse cursor is clicking on the red "X" icon in the rightmost column of the table row, which is used to delete the medication.

- e. If there are multiple medications, repeat this step to add all medications to the application. Remember medications that need to be entered are medications that contain substances banned under the NFL Drug Policies.

8. Next, go to the required documents section. The required documents based on the diagnosis selected will be circled in red. Each document must be uploaded as a PDF (.pdf). For each document entered, you will need the date of evaluation. The date of evaluation is the date the player was seen by the physician or the date the prescription was written.

- a. Select the Date of Evaluation by clicking on **Date of Evaluation** and use the calendar to select the date.

The screenshot shows the "Required Supporting Documents" section. It contains a list of documents that need to be uploaded, each with a "Choose file" button and an "Upload File" button. The documents are: "Evaluation and Testing (i.e. NeuroPsych) performed to make the diagnosis:", "Initial Medical Note when medication was prescribed:", "Most Recent Medical Note:", "Copy of Most Recent Prescription:", and "Additional Documents". A calendar overlay is visible, showing the month of February 2022. The date "1" is selected, and a mouse cursor is pointing at it.

- b. Select the file by clicking **Browse**. Choose the correct file from your computer.

Required Supporting Documents			
Evaluation and Testing (i.e. NeuroPsych) performed to make the diagnosis:	02/01/2022	Choose file Please select a file.	Browse Upload File
Initial Medical Note when medication was prescribed:	Evaluation Date	Choose file	Browse Upload File
Most Recent Medical Note:	Evaluation Date	Choose file	Browse Upload File
Copy of Most Recent Prescription:	Evaluation Date	Choose file	Browse Upload File
Additional Documents	Evaluation Date	Choose file	Browse Upload File

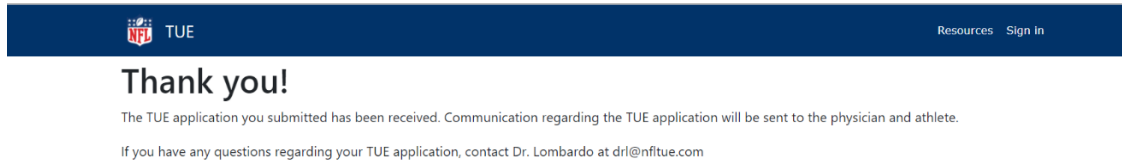
- c. Once the correct Date of Evaluation and File have been added, click **Upload File**.

Required Supporting Documents			
Evaluation and Testing (i.e. NeuroPsych) performed to make the diagnosis:	02/01/2022	Medical Evaluation.pdf Please select a file.	Browse Upload File
Initial Medical Note when medication was prescribed:	Evaluation Date	Choose file	Browse Upload File
Most Recent Medical Note:	Evaluation Date	Choose file	Browse Upload File
Copy of Most Recent Prescription:	Evaluation Date	Choose file	Browse Upload File
Additional Documents	Evaluation Date	Choose file	Browse Upload File

- d. Complete this for all required documents along with any additional documents, laboratory results or diagnostic testing.
9. Once you have completed the second form, review the information and when complete click **Submit Application**.

Application Information		
Condition Category: Attention Deficit Hyperactivity Disorder (ADHD)		
Diagnosis		Search
ICD10 Code: F90.2	Attention-deficit hyperactivity disorder, combined type	
Medications		Add Medication
Name	Dosage	Frequency
Adderall XR	20 mg	once a day (AM)
Physician Information		
Required Supporting Documents		
Evaluation and Testing (i.e. NeuroPsych) performed to make the diagnosis: Medical Evaluatio...	Evaluation Date: 02/01/2022	
Initial Medical Note when medication was prescribed: Medical Note.pdf	Evaluation Date: 02/01/2022	
Most Recent Medical Note: Medical Note.pdf	Evaluation Date: 02/01/2022	
Copy of Most Recent Prescription: Medical Note.pdf	Evaluation Date: 02/01/2022	
Additional Documents	Evaluation Date	Choose file Browse Upload File
Submit Application		

10. Once you have submitted the application, you will see the following screen.



As a reminder, prior to taking medication banned under the NFL Drug Policies, the TUE Application must be reviewed and **if an athlete tests positive for a prohibited substance prior to being granted a TUE, the positive test will constitute a violation of the Policy with all the ramifications of a violation.** Dr. Lombardo will communicate directly with the athlete and physician regarding the TUE application. If you have any questions, please contact Dr. Lombardo via email at jlombardo@drjalombardo.com.