

## Medical Necessity Letter for Inpatient OCD Treatment

Patient Name: Emma R. Callahan

DOB: 07/22/1991

Insurance Provider: United HealthCare

Member ID: UHC-0842937165

Date: April 19, 2025

To Whom It May Concern,

I am writing to provide clinical justification for the necessity of inpatient treatment for Obsessive-Compulsive Disorder (OCD) for the above-named patient, Emma R. Callahan.

Ms. Callahan has been under my care since February 2025 and has a documented history of severe OCD, characterized by compulsive checking, intrusive thoughts related to harm and contamination, and ritualistic behaviors that significantly impair her ability to function in daily life. Despite adherence to outpatient treatment-including cognitive behavioral therapy (CBT) and pharmacological interventions-her symptoms have persisted and escalated over the past two months.

Her condition has led to:

- Serious impairment in self-care and daily functioning
- Disruption of her ability to maintain employment and social relationships
- Increased distress and suicidal ideation related to her inability to manage compulsions

Given the severity of her symptoms and her lack of response to outpatient interventions, inpatient treatment is medically necessary to provide structured support, medication management, and intensive therapeutic interventions that cannot be safely or effectively delivered in a lower level of

care.

United HealthCare is her current insurance provider, and I am requesting authorization for inpatient treatment under her behavioral health coverage. This level of care is essential to prevent further deterioration and to stabilize her symptoms in a controlled and supportive environment.

Please feel free to contact me for any additional documentation or information.

Sincerely,

Dr. Rachel Linwood, MD

Board-Certified Psychiatrist

NPI: 1740392845

Phone: (555) 618-4439

Fax: (555) 618-4440