

Dear [Contact Name],

I am writing to respectfully request that [Company Name] consider amending its self-funded health benefits plan to include coverage for autism treatment services, specifically those grounded in evidence-based developmental and psychotherapeutic approaches such as those offered by [Avela Health](#).

My [son/daughter], [Child's Name], was diagnosed with autism in [Month, Year]. Since then, we have been working tirelessly to access treatment that supports both their developmental progress and our family's wellbeing. Unfortunately, [Company Name]'s current plan does not cover the **psychotherapy-based autism services** that my child has been prescribed, which has created both financial and emotional hardship for our family. We ask that you expand the scope of the plan to recognize these newer, evidence-supported interventions.

A Modern, Science-Backed Approach

While ABA is the most widely recognized autism therapy in traditional insurance design, it is not the only—or necessarily the most appropriate—option for every child or family. Avela Health Services offers a child and family-centered, psychotherapy-based model that reflects the **current state of autism science and the heterogeneity of autism**.

For young, preschool aged children, the model is rooted in **Naturalistic Developmental Behavioral Interventions (NDBIs)**, a category of care that includes evidence-based strategies such as Pivotal Response Treatment, Joint Attention, Symbolic Play, and Regulation (JASPER) and the Early Start Denver Mode (ESDM). These interventions are science-backed, relationship-driven, and designed to occur in the child's natural environment.

For older children, Avela Health uses **behavioral and cognitive behavioral intervention interventions** supported by decades of research to address concerns including anxiety, depression, complex behavior such as aggression and self-injury, and school refusal. This includes Acceptance and Commitment Therapy (ACT), Collaborative and Proactive Solutions (CPS), Exposure plus Response Prevention (ERP), and other evidence-based approaches. Avela Health tailors the approach to the needs of the child and family, recognizing the heterogeneity of autism and the complexity of each family situation.

Avela Health emphasizes care that fits each child and family and builds off a large body of research suggesting that low-dose (10 or fewer hours a week) is effective (see Ostrovsky et al., 2023; Sandbank et al., 2024 for reviews) and that low dose interventions are no less

effective than high dose interventions (e.g., Anderson et al., 2024; Chetcuti et al, 2025; Fernell et al., 2011; Ostrovsky et al., 2022; Reichow & Wolery 2009; Rogers et al., 2021; Smith et al., 2015). These findings underscore that self-funded employers can support autism care that is **effective, evidence-based, and financially sustainable**, avoiding the runaway costs often associated with high-hour ABA mandates.

A Better Path for [Company Name] Families

Many states require state-regulated insurance plans to cover medically necessary autism treatment, including behavioral, speech, and occupational therapy. While self-funded plans like [Company Name]'s may be exempt from this mandate, many leading employers, including Microsoft, Home Depot, and Deloitte, have voluntarily adopted these standards in recognition of the critical support they provide to families.

We understand that the current exclusions may be due to fear of the high costs that have been associated with ABA coverage to-date. We ask that you connect with and evaluate Avela Health's services, as their psychotherapy intervention for autism would allow you to provide a high-value evidence-based option for [Company Name] families while managing the risk of creating an unsustainable, high cost coverage option. Offering Avela Health to [Company Name] families means that families will have access to Avela's evidence-based model, an opportunity for [Company Name] to:

- Improve access to **clinically proven therapies** for children with autism;
- Reduce total treatment costs by **avoiding over-utilization** of high-hour models;
- Support caregivers with **psychosocial services** that enhance outcomes and reduce burnout;
- Align with [Company Name]'s commitment to being a **family-first workplace**.

I would welcome the opportunity to discuss this request further, and can also connect the [Company Name] benefits team with experts or implementation resources. If you have questions or would like to learn more about Avela Health specifically, you can do so by reaching out to them at partners@joinavela.com.

Thank you for your time, your consideration, and your support of families like mine.

Sincerely,

[Your Full Name]

Parent of [Child's Name]

Employee or Spouse of Employee at [Company Name]