



Boston Regional Food Allergy Resource Guide



Purpose of This Guide

This guide was created to help parents and caregivers of children with food allergies find healthcare providers and resources in Boston. It also includes information to help find providers outside of Boston in six different communities. This resource guide also includes addresses, phone numbers, and accepted health insurance plans for most providers. Always check with your insurance plan and the providers directly for the most updated information.

How to Use This Guide

- **Locate Providers:** Providers are categorized by hospitals and specialty
- **Insurance Information:** Insurance plans are listed for each provider. Confirm details with both your insurance and the provider
- **Additional Resources:** Support groups and other resources listed are available to help connect families to the food allergy community

Understanding the Roles of Your Food Allergy Care Team

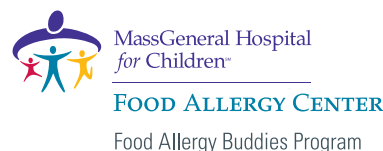
You may have a few providers on your food allergy care team. Here's what each type of medical provider can do to help manage food allergies:

- **Allergists:** These doctors specialize in treating allergies. They can perform tests such as skin prick testing, blood tests, and oral food challenges to diagnose and manage food allergies in children.
- **Medical Fellows:** Fellows are doctors receiving advanced training. They gain additional expertise in managing food allergies under the guidance of experienced specialists.
- **Gastroenterologists:** These doctors focus on digestive health and can help identify and treat any stomach or digestion-related issues that might be linked to food allergies.
- **Nurse Practitioners (NPs):** NPs have advanced training and often work alongside allergists or gastroenterologists to support patients in managing their food allergies.
- **Registered Dietitians (RDs):** Dietitians provide guidance on healthy eating and can help create a safe and nutritious meal plan that meets dietary needs while avoiding allergens.
- **Psychologists:** Living with food allergies can be stressful for children and families. Psychologists offer support and strategies to help cope with anxiety, stress, and the emotional challenges that may arise.

Each of these specialists can have a role in the care of pediatric food allergies. We hope this resource guide is a helpful tool for you.

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This guide was created by the Asthma and Allergy Foundation of America New England Chapter (AAFANE) as a partner with the Mass General for Children’s Food Allergy Center, Food Allergy Buddies Program, with funding and support from the Asthma and Allergy Foundation of America, National (AAFA).

Please Note: This guide is for information only. The authors of this document do not recommend any specific providers. Please check with your doctor if you have questions. Please check with your insurance plan to ensure coverage.

Provider List

Below is a summary of allergists, gastroenterologists, psychologists, and other specialists in the Boston area, categorized by the hospital or provider office.

Boston:

Massachusetts General Hospital (MGH)

Website: www.massgeneral.org/children/allergy

Provider Type	Name(s)	Locations & Phone	Notes
Allergists	John Accarino, MD; Caitlin Burk, MD; Paul Hesterberg, MD; Allen Lapey, MD; Jennifer Li, MD; Maxim Lutskiy, MD, PhD; Michael Pistiner, MD, MSC; Wayne Shreffler, MD, PhD	Mass General for Children Food Allergy Center (MGfC) 275 Cambridge St, Professional Office Building, Suite 530, Boston, MA 02114 617-726-8707	Satellite locations are available in Waltham, Newton, and Foxboro for some MGH Pediatric Allergy Providers.
Gastroenterologist	Victoria Martin, MD, MPH	MGfC Pediatric Nutrition Center 55 Fruit St Warren Building 11th floor Boston, MA 02114 617-724-0770 MGfC Pediatric Gastroenterology & Nutrition Program 55 Fruit St Yawkey Center for Outpatient Care Suite 6B Boston, MA 02114 617-726-8705	Works with Mass General for Children Food Allergy Center
Gastroenterologist	Qian Yuan, MD, PhD	MGfC Pediatric Gastroenterology & Nutrition Program 55 Fruit St Yawkey Center for Outpatient Care Suite 6B Boston, MA 02114 617-726-8705	Works with Mass General for Children Food Allergy Center

Provider Type	Name(s)	Locations & Phone	Notes
Allergy Nurse Practitioner	Jennifer Stockbridge, NP	MGfC Pediatric Nutrition Center, 55 Fruit St, Warren Building, 11th Floor, Boston, MA 02114. Phone: 617-724-0770 MGfC Pediatric Gastroenterology & Nutrition Program, 55 Fruit St, Yawkey Center for Outpatient Care, Suite 6B, Boston, MA 02114. Phone: 617-726-8705	Works with Mass General for Children Food Allergy Center
Pediatric Psychologist	Nancy Rotter, PhD	Mass General for Children, Food Allergy Center 275 Cambridge St, Professional Office Building, Suite 530, Boston, MA 02114. Phone: 617-726-8707	
Pediatric Psychologist	Maria Theodorakakis, PhD	Mass General for Children, Food Allergy Center, 275 Cambridge St, Professional Office Building, Suite 530, Boston, MA 02114. Phone: Coordinator, Rebecca: 617-724-6395	
Registered Dietitian	Shelby Oster, MS, RD, LDN	275 Cambridge St. Professional Office Building Suite 530 Boston, MA 02114 617-726-8707	

Boston Children’s Hospital

Website: <https://www.childrenshospital.org/programs/allergy-and-asthma-program>

Provider Type	Name(s)	Locations & Phone	Notes
Allergists	Tina Banzon, MD Lisa Bartnikas, MD Sachin Baxi, MD Martin Broff, MD Ana Broyles, MD Janet Chou, MD Elena Crestani, MD Fatma Dedeoglu, MD Brittany Esty, MD, MPH Ari J. Fried, MD Ivan Lee, MD, PhD John J. Lee, MD Douglas McDonald, MD, PhD Curtis Moody, MD Alan Nguyen, MD Wanda Phipatanakul, MD, MS Craig Platt, MD, PhD Rima Rachid, MD Susan Rudders, MD Lynda Schneider, MD Elsa Treffeisen Christina Yee, MD, PhD Michael C. Young, MD	300 Longwood Avenue Boston, Massachusetts 02115 617-355-6117	Satellite locations are also available for some Boston Children’s Hospital Pediatric Allergy Providers in towns outside of Boston.

Provider Type	Name(s)	Locations & Phone	Notes
Medical Fellows	Saleh Alsulami, MD Sarah Chamseddine, MD Ellen Conroy, MD Eilaf Fallatah, MD Rebecca Hale, MD, PhD David Hoytema (doesn't use second last name of van Konijnenburg), MD PhD Thinh (Henry) Nguyen, MD, PhD	300 Longwood Avenue Boston, Massachusetts 02115 617-355-6117	
Allergy Nurse Practitioners	Elizabeth Burke Roberts, RN, MSN, CPNP Megan Day-Lewis, RN, MS, CPNP Ashley Fuller McLellan, RN, MSN, CPNP Jessica Hoytema (van Konijnenburg), FNP-BC Dianna Queheillalt, RN, APRN, CPNP, AE-C	300 Longwood Avenue Boston, Massachusetts 02115 617-355-6117	
Pediatric Psychologists	Sara Voorhees, PhD Jennifer LeBovidge, PhD	300 Longwood Avenue Boston, Massachusetts 02115 617-355-6117	Must see a provider in the BCH Allergy Program before scheduling
Registered Dietitians	Christine Clark, RD (Nutrition Center) Wendy Elverson, RD, LDN (Allergy and Asthma Program) Tara McCarthy, MS, RD, LDN (Nutrition Center) * Heather Stone, RD (Nutrition Center)	300 Longwood Avenue Boston, Massachusetts 02115 617-355-6117	*does virtual appointments but does NOT see patients in Boston

Boston Medical Center

Website: <https://www.bmc.org/pediatrics-pulmonary-allergy>

Provider Type	Name(s)	Locations & Phone	Notes
Allergists	Dr. Quindelyn Cook Dr. Alan Nguyen	Pediatric Allergy Clinic 801 Massachusetts Ave 7th floor Crosstown Center Boston, 02119 617-414-4841	
Nurse Practitioner	Tatiana G. Kiernan, NP	Pediatric Allergy Clinic 801 Massachusetts Ave 7th floor Crosstown Center Boston, 02119 617-414-4841	

Allergy & Asthma Associates

Website: www.aaaallergyasthmaassociates.com/about-us

Provider Type	Name(s)	Locations & Phone	Notes
Allergists	Dr. Alanna G. Wong Dr. Johnson Wong	8 Hawthorne Place, Suite 104 Boston, MA 02114 617-742-5730	Boston Location (Tues & Thurs)

Boston Premier Allergy Asthma & Immunology

Website: www.allergyasthmaboston.com

Provider Type	Name(s)	Locations & Phone	Notes
Allergist	Dr. Wiehong Zheng	20 Park Plaza Suite 804 Boston, MA 02116 617-202-9986 (Boston Office) 781-742-1208 (Needham Office)	Boston Location Mondays, 8 am - 4:30 pm

Boston Specialists

Website: www.bostonspecialists.org

Provider Type	Name(s)	Locations & Phone	Notes
Allergists	Ivan Lee, MD, PhD John Leung, MD	Boston Location 75 Kneeland St, Floor 1 Boston, MA 02111 Phone: 617-804-6767 Text: 617-958-6296 Brighton Location 77 Warren St. Brighton, MA 02135 8-11:30 Phone: 617-804-6767 Text: 617-958-6296	Boston Location Mon & Sat 8-12 Tues-Fri 8-5 Brighton Location Every other Wed
Gastroenterologist	John Leung, MD		
Registered Dietitian	Jaclyn Quinlan, RD, LDN		(must consult with Dr. before making an appt)

Outside of Boston

Note: Satellite sites are also available for some Mass General Hospital and Boston Children's Hospital food allergy providers outside of Boston.

Northeast Allergy Asthma & Immunology (Stoneham & Newton Locations)

Website: www.neaai.com

Provider Type	Name(s)	Locations & Phone	Notes
Allergists	Jordan Scott, MD David Riester, MD	Stoneham Location 3 Woodland Road, Suite 217 Stoneham, MA 02180 Phone: (781) 395-2922	
Allergist	Lauren Handelman, MD	Newton Location 1400 Centre Street, Suite 205 Newton, MA 02459 Phone: (617) 765-0228	

Back Bay Allergy Associates LLC (Brookline Location)

(no website available for this private practice)

Provider Type	Name(s)	Locations & Phone	Notes
Allergist	Martin Ostro, MD	1101 Beacon St Suite 7 617-758-8198	Provider sees children under age 12 via telehealth, unless coming in for testing

Vallen Allergy & Asthma (Quincy)

Website: www.vallenallergyasthma.com

Provider Type	Name(s)	Locations & Phone	Notes
Allergist	Margaret Vallen, MD	700 Congress St Suite 301 Quincy, MA 02169 617-472-7111	
Nurse Practitioner	Morgan Denno, MSN, APRN	700 Congress St Suite 301 Quincy, MA 02169 617-472-7111	

Lahey Hospital & Medical Center (Burlington)

Website: www.lahey.org/services/allergy-immunology

Provider Type	Name(s)	Locations & Phone	Notes
Allergists	Chen E. Rosenberg, MD, Allergy & Immunology Amy S. Levin, MD, Allergy & Immunology Monica G. Ghoshhajra, MD, Allergy & Immunology Aba Al-Kaabi, MD, Allergy & Immunology	41 Mall Road Burlington, MA 01805 781-744-5150	

Brigham & Women's Hospital Food Allergy Center (Chestnut Hill)

Website: www.brighamandwomens.org/medicine/allergy-clinical-immunology/allergy-food-allergy-center

Provider Type	Name(s)	Locations & Phone	Notes
Allergists	Carolyn Helene Baloh, MD Joshua Avram Boyce, MD Tanya Laidlaw, MD Camelia Hernandez, MD Joyce Hsu, MD	850 Boylston St Suite 450 Chestnut Hill, MA 02467 617-732-9850	

Insurance Information

Boston:

Massachusetts General Hospital (MGH)

Website: www.massgeneral.org/children/allergy

Provider Type	Name(s)	Accepted Insurance Plans
Allergists	John Accarino, MD Caitlin Burk, MD	Aetna, Beech Street, Blue Cross Blue Shield, Blue Cross Blue Shield Medicare, Cigna, Commonwealth Care Alliance, Coventry, Fallon Health, Harvard Pilgrim Health Care, Humana, Mass General Brigham Health Plan, MassHealth, Medicaid RI, Medicaid VT, Medicare, Medicare ACO, Multiplan, Senior Whole Health, TriCare, Tufts Health Plan, Unicare, United Health Care, WellSense, WellSense NH
Allergist	Paul Hesterberg, MD	Aetna, Beech Street, Blue Cross Blue Shield, Blue Cross Blue Shield Medicare, Cigna, Commonwealth Care Alliance, Coventry, Fallon Health, Harvard Pilgrim Health Care, Humana, Maine Community Health Options, Mass General Brigham Health Plan, MassHealth, Medicaid ME, Medicaid NH, Medicaid RI, Medicaid VT, Medicare, Medicare ACO, Multiplan, Railroad Medicine, Senior Whole Health, TriCare, Tufts Health Plan, Unicare, United Health Care, WellSense, WellSense NH

Provider Type	Name(s)	Accepted Insurance Plans
Allergists	Allen Lapey, MD Jennifer Li, MD Maxim Lutskiy, MD, PhD Michael Pistiner, MD, MSC Wayne Shreffler, MD, PhD	Aetna, Beech Street, Blue Cross Blue Shield, Blue Cross Blue Shield Medicare, Cigna, Commonwealth Care Alliance, Coventry, Fallon Health, Harvard Pilgrim Health Care, Humana, Maine Community Health Options, Mass General Brigham Health Plan, MassHealth, Medicaid ME, Medicaid NH, Medicaid RI, Medicaid VT, Medicare, Medicare ACO, Multiplan, Senior Whole Health, TriCare, Tufts Health Plan, Unicare, United Health Care, WellSense, WellSense NH
Gastroenterologists	Victoria Martin, MD, MPH Qian Yuan, MD, PhD	Aetna, Beech Street, Blue Cross Blue Shield, Blue Cross Blue Shield Medicare, Cigna, Commonwealth Care Alliance, Coventry, Fallon Health, Harvard Pilgrim Health Care, Humana, Maine Community Health Options, Mass General Brigham Health Plan, MassHealth, Medicaid ME, Medicaid NH, Medicaid NY, Medicaid RI, Medicaid VT, Medicare, Medicare ACO, Multiplan, Senior Whole Health, TriCare, Tufts Health Plan, Unicare, United Health Care, WellSense, WellSense NH
Allergy Nurse Practitioner	Jennifer Stockbridge, NP	Check with provider for insurance details
Pediatric Psychologist	Nancy Rotter, PhD	Aetna, Beech Street, Blue Cross Blue Shield, Blue Cross Blue Shield Medicare, Commonwealth Care Alliance, Coventry, Evernorth Behavioral Health, Humana, MassHealth, Medicaid ME, Medicaid NH, Medicare ACO, Multiplan, Senior Whole Health, TriCare, Tufts Health Plan, Unicare, United Behavioral Health, WellSense, WellSense NH
Pediatric Psychology	Maria Theodorakakis, PhD	Check with provider for insurance details
Registered Dietitian	Shelby Oster, MS, RD, LDN	Check with provider for insurance details

Boston Children's Hospital

Website: <https://www.childrenshospital.org/programs/allergy-and-asthma-program>

Boston Children's has broad coverage with insurers and is now in-network for both Wellsense ACO and the Fallon Community Care HMO Plan. If Boston Children's is out-of-network for your health plan, contact the hospital's patient services for help navigating your options.

Provider	Accepted Insurance Plans
Aetna	Aetna Choice POS/PPO, Aetna Managed Choice, Aetna Open Access Managed Care, Aetna Health Network, Aetna Network Option Plans, Aetna Indemnity Plans, Aetna US Healthcare HMO, Aetna US Healthcare PPO & Indemnity, International Aetna Global Benefits, International Aetna
Blue Cross Blue Shield	<p>Blue Cross Blue Shield of MA PPO & Indemnity, Blue Cross Blue Shield of MA Select Blue, Blue Cross Blue Shield High Performance Network, Blue Cross Blue Shield of MA HMO & Blue Choice (POS), Blue Cross Blue Shield Medex, Blue Cross Blue Shield - Federal, Blue Options - HMO Blue New England Options, Blue Options - Preferred Blue PPO Options, Blue Benefit Administrators, Blue Select Options HMO & PPO, Blue Cross Blue Shield/Anthem Out-of-State HMO, PPO & Indemnity*, Blue Cross Blue Shield ConnectorCare, BlueCard Program (national network for out-of-state care)</p> <p>*The BlueCard program is a national program that enables members of Blue Cross Blue Shield and Anthem plans to receive health care service benefits while traveling or living in another plan's service area. Benefits vary from plan to plan and state to state. We recommend that you contact your health plan to confirm your coverage and determine your liability/out of pocket financial responsibility. BlueCard members have a suitcase logo on their ID card.</p>
Carelon Behavioral Health Strategies (formerly known as Beacon Health Strategies)	Carelon Behavioral Health Strategies - Fallon Health, Carelon Behavioral Health Strategies - GIC, Carelon Behavioral Health Strategies - Wellsense Medicaid (NH)
Cigna	Cigna Carelink, Cigna Open Access Plus, Cigna Network Open Access & Open Access Plus, Cigna HMO Open Access & POS Open Access, Cigna Network & Network POS, PPO or EPO, Cigna Open Access Plus Network, Cigna Networks in the US: PPO & AOP, Cigna Health Plan - PPO & Indemnity, Cigna MVP, International Cigna, Cigna Behavioral Health/ Evernorth, Cigna Lifesource
Coventry/First Health	
Fallon Health	Fallon Select Care (HMO), Fallon Preferred Care (PPO), Fallon Medicare Plus (HMO), Fallon Health and Life Assurance Company Programs (Commercial), Fallon Community Care (HMO)

Provider	Accepted Insurance Plans
Harvard Pilgrim Health Care	Harvard Pilgrim Health Care – HMO, POS & PPO, Harvard Pilgrim Health Care Choice Plus Passport, Harvard Pilgrim Health Care Options – PPO, Harvard Pilgrim Health Care Student Insurance PL–PPO, Health Plans Inc – PPO, Harvard Pilgrim Health Care Choice Net – HMO & PPO, Harvard Pilgrim Health Care Quality HMO (GIC), Harvard Pilgrim Health Care Explorer POS (GIC), Harvard Pilgrim Health Care Focus Network, Harvard Pilgrim Health Care Hospital Prefer–HMO & PPO, Harvard Pilgrim Health Care BIDMC Select, Health Plans Inc–UMR, Maine’s Choice Plus, Open Access, Access America, Health New England (HNE), Health New England HMO/POS, Health New England PPO Health New England QHP, Health New England GIC
Humana	Choice Care Network – PPO
Lifetrac	
Maine Community Health Options	Maine Community Health Options – HMO & PPO
Mass General Brigham Health Plan (formerly known as Always Health Partners)	Complete HMO, Complete HMO (GIC), Complete PPO Plus, Complete Access EPO, Mass General Brigham Health Plan MGB Select and Plus PPO 2022, Mass General Brigham Health Plan Choice Easy Tier HMO Plus, Mass General Brigham Health Plan Choice Easy Tier PPO Plus
MassHealth- Accountable Care Organizations (ACOs)	Community Care Cooperative (C3), Fallon Atrius Health, Mass General Brigham ACO, Steward Medicaid Care Network, Tufts Health Together Cambridge Health Alliance, Tufts Health Together UMass Memorial Health, Wellsense BILH Performance Network ACO, Wellsense Boston Children’s ACO, Wellsense Care Alliance, Wellsense Community Alliance, Wellsense East Boston Neighborhood Health Center Alliance, Wellsense Mercy Health, Wellsense Signature Healthcare, Wellsense Southcoast Alliance
MassHealth- Mass Medical	MassHealth Limited, MassHealth Non-PCC, MassHealth PCC, Mass Behavioral Health Plan (MBHP), MassHealth Standard, MassHealth Commonwealth, MassHealth Care Plus, MassHealth Family Assist, MassHealth Small Business Employee Premium, Children’s Medical Security Plan
Medicaid (Outside of MA)	Connecticut Medicaid, Maine Medicaid, New Hampshire Medicaid, Vermont Medicaid, Medicaid MCOs – Outside of Massachusetts, New Hampshire–Amerihealth Caritas NH, New Hampshire–Wellsense, Rhode Island–Tufts Health RI Together
Medicare	
Multiplan/PHCS	
Optum	Optum Centers of Excellence, Optum United Behavioral Health

Provider	Accepted Insurance Plans
Tufts Health Plan	Tufts Health Plan-HMO, PPO & POS, Tufts Health Plan Carelink, Tufts Health Plan Your Choice -HMO & PPO, Tufts Health Plan Steward DPO & EPO, Tufts Health Plan Select Network Plans, Tufts Health Plan Direct (QHP), Tufts Health Plan Together (MCO)
UniCare	UniCare- Basic GIC, UniCare- Community Choice (GIC), UniCare Plus (GIC)
United Healthcare	United Healthcare-HMO, PPO, POS, & Medicare, United Healthcare -Passport, United Healthcare- Choice/Choice Plus, United Empire Plan, Oxford Health Plans, International United Healthcare
Wellsense (formerly BMC HealthNet)	Wellsense MCO

For further information, please call Boston Children’s Patient Financial Services at 617-355-3397

Boston Medical Center

Website: www.bmc.org/pediatrics-pulmonary-allergy

Insurance Information:

Most Commercial Insurances are accepted. Please call to confirm that your insurance is accepted. Phone: 617-414-4841

Note from Boston Medical website: We know that managing food allergies can be difficult and expensive. We offer extra support for families who may have trouble getting to appointments or paying for treatments.

Allergy & Asthma Associates

Website: www.aaaallergyasthmaassociates.com/about-us

Provider	Accepted Insurance Plans
AARP Medicare Complete	AARP Medicare Supplement
Aetna	Allways Health Partners
Blue Cross Blue Shield of Massachusetts	CBA Blue (Blue Benefits Administrators)
Champva	Cigna
Connecticare	Fallon

Provider	Accepted Insurance Plans
Harvard Pilgrim	Harvard Pilgrim Medical Advantage
Health Plans, Inc.	Humana
Martis Point	Mass Health (General)
Medicare Part B	National Association of Letter Carriers
Oxford Health Plans	Tricare
Tufts	Unicare
United Healthcare	United Medical Resources (UMR)

Boston Premier Allergy Asthma & Immunology

Website: www.allergyasthmaboston.com

Accepted Insurance Plans:

Most Insurance plans are accepted. A small number of plans are not accepted. Please call the office to confirm that your insurance is accepted.

Boston Specialists

Website: www.bostonspecialists.org

Provider	Accepted Insurance Plans
Blue Cross Blue Shield	Tufts Health Plan
Harvard Pilgrim	Fallon
United Healthcare	MassHealth
Aetna	Neighborhood Health Plan
Coventry	NH Medicaid
Cigna	Unicare
Medicare	Senior Whole Health

Outside of Boston

Note: Satellite sites are also available for some Mass General Hospital and Boston Children's Hospital food allergy providers outside of Boston.

Northeast Allergy Asthma & Immunology (Stoneham & Newton Locations)

Website: www.neaai.com

Provider	Accepted Insurance Plans
Aetna Ins	MassHealth: MA
Blue Cross/Blue Shield	Medicare
BMC Healthnet	Neighborhood Health Plan
Children's Medical Security	Network Health
Cigna Healthcare	PHCS/Multiplan
Fallon Select Care	Tricare North/Health Net
Fallon Senior Plan	Tufts Health Plan
First Health	Tufts Medicare Preferred
Harvard Pilgrim Health Care	Unicare-Commonwealth Ind
Health Plans	Uniform Services Family Health Plan
	United Healthcare

Please note we are no longer able to accept Celtic Care Insurance. Please call our office with any questions.

Does your insurance plan have a deductible? Please be advised that our office charges \$150 towards your annual insurance deductible. Any remaining balance will be billed to you after your insurance is processed. Please have your co-payment method available at the time of your visit. If you're not sure about your deductible, we can look it up for you!

Back Bay Allergy Associates LLC (Brookline Location)

(no website available for this private practice)

Accepted Insurance Plans:

Most insurance plans accepted including Mass Health, Medicare & Medicaid. Please call the office to confirm your insurance.

Vallen Allergy & Asthma (Quincy)

Website: www.vallenallergyasthma.com

Accepted Insurance Plans:

From Vallen Allergy & Asthma website: We accept most major insurances. Please have your current insurance card with you at the time of the appointment. All copayments, coinsurance, and deductibles are due at the time of the visit. If you have any insurance questions, please contact us.

If you have a high deductible plan, our office staff will work with you to help determine the cost of the visit and/or testing. If your deductible makes testing too expensive, the doctor and the staff will work with you to help improve your symptoms and determine when and if allergy testing might be helpful in the future. We can also discuss payment plan options if necessary.

Lahey Hospital & Medical Center (Burlington)

Website: www.lahey.org/services/allergy-immunology

Accepted Insurance Plans:

Check with provider for accepted insurance plans. Phone: 781-744-5150

Brigham & Women's Hospital Food Allergy Center (Chestnut Hill)

Website: <https://www.brighamandwomens.org/medicine/allergy-clinical-immunology/allergy-food-allergy-center>

Provider	Accepted Insurance Plans
Aetna	MassHealth
Beech Street	Medicare
Blue Cross Blue Shield	MultiPlan/Private Healthcare Systems
Blue Cross Blue Shield Indemnity	MultiPlan/Private Healthcare Systems PPO
Blue Cross Blue Shield Medicare	Railroad Medicare
Blue Cross Blue Shield Medicare Advantage HMO	Senior Whole Health
Blue Cross Blue Shield Medicare Advantage PPO	TriCare Prime
Cigna	TriCare Standard

Provider	Accepted Insurance Plans
Commonwealth Care Alliance	Tufts Health Plan
Coventry Health Care	Tufts Health Public Plans
Fallon Health	UniCare GIC
Harvard Pilgrim Health Care	UnitedHealthcare
Humana	MaineCare
Mass General Brigham Health Plan	

Additional Resources

Asthma and Allergy Foundation of America New England Chapter

About: The Asthma and Allergy Foundation of America, New England Chapter serves all six New England states. Founded in 1978, AAFANE is a “boots on the ground” nonprofit organization whose mission is to improve the quality of life for people living with or caring for someone with asthma, allergies, including food allergies, and related diseases. We are committed to raising awareness about disease management and reducing health disparities through educational programming, patient support services, advocacy to improve public policies, and support of cutting-edge medical research.

AAFANE’s free interactive Speaker Series webinars are presented live and pre-recorded videos may be viewed on our website. Asthma & Allergy Bulletins include articles written by expert authors, important news and information about opportunities to participate in clinical studies being conducted at Boston area hospitals.

Join our community to receive email notifications, learn about upcoming programs and webinars, and access free resources.

Website: www.asthmaandallergies.org

Facebook: <http://www.facebook.com/AAFANewEngland>

Kids with Food Allergies (KFA) & Asthma and Allergy Foundation of America (National)

About: Kids with Food Allergies (KFA) is a division of the Asthma and Allergy Foundation of America (AAFA), the nation’s oldest and leading asthma and allergy not-for-profit organization.

With one in 13 children living with a food allergy, KFA services are needed now more than ever. We are a vital lifeline to families raising children with food allergies. We are dedicated to saving lives and reducing the burden of food allergies through support, advocacy, education, and research.

Getting support is an important part of food allergy management. Join our free online KFA community to access our support forums and other resources. By signing up, you not only get to connect with other families managing food allergies, but you’ll also receive updates on our blog, food recalls, advocacy efforts and more. Sign up for our free e-newsletter for food allergy and KFA news.

Websites: www.kidswithfoodallergies.org and www.aafa.org

Facebook: www.facebook.com/kidswithfoodallergies & www.facebook.com/AAFANational

MassGeneral for Children, Food Allergy Center, Food Allergy Buddies Program

About: The mission of the Food Allergy Buddies Program is to build a positive and supportive community for children, teens, and their families, promote self-efficacy, support quality of life, and reinforce self-respect and safety.

Website: <https://www.massgeneral.org/children/food-allergies/food-allergy-community>

Facebook: <https://www.facebook.com/foodallergybuddies>

South Shore Allergy Families Educating (SAFE) Support Group

About: SAFE is a support group aimed at connecting caregivers and working to increase Food Allergy awareness and education on the South Shore of MA and beyond.

Website: www.southshoreallergyfamilies.org

Facebook: www.facebook.com/SouthShoreAllergyFamiliesEducatingPage

FOODiversity

About: FOODiversity's mission is to lessen the burden of food insecurity for individuals with food allergy, celiac disease, and food intolerances. FOODiversity equips individuals and families with a consistent and reliable source of safe foods. Having the right foods prevents hunger and prevents allergic reactions or intestinal damage. Access to education supports better management of the medical conditions and prevents medical emergencies and hospitalizations.

Website: www.foodiversity.org

Facebook: www.facebook.com/carolinafoodiversity

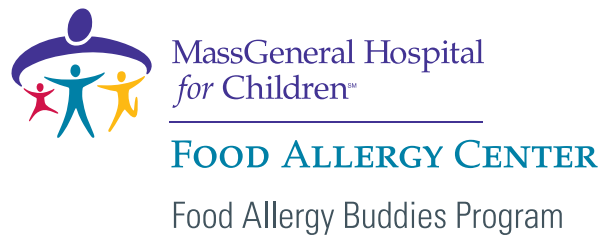
American Academy of Allergy Asthma & Immunology (AAAAI)

About: The American Academy of Allergy, Asthma & Immunology (AAAAI) is the leading membership organization of more than 7,100 allergists/immunologists and patients' trusted resource for allergies, asthma, and immune deficiency disorders

Find an allergist/immunologist close to you: www.allergist.aaaai.org/find/index.php

AAFA New England

The Asthma and Allergy Foundation of America, New England Chapter's (AAFA New England) partnership with the **2023-24 MGH for Children Food Allergy Buddies Program** was structured with a focus on parent engagement. The goal of Team AAFANE's conversations with the parents/caregivers of the Littles and Middles attending each Buddies event was to support their efforts to help their children build confidence as they manage food allergies at each stage of their development. AAFA New England provided complimentary resources to the Program's expansion to underserved communities, including the compilation of a comprehensive Resource Guide of Boston area allergists, psychologists, RDs and NPs who specialize in food allergies and who are accepting new patients, including the insurance accepted by these providers.



AAFA New England's MGH Buddies Team:

Jan Hanson, M.A., President, AAFA New England: Program Manager, Meghan Neri, Founder of SAFE Support Group: Lead Consultant, Sara Voorhees, PhD, Psychologist, Boston Children's Hospital: Medical Advisor, Karen Roberto, M.Ed, BSN, RN, NCSN, School Nurse and Board Member, and Christy O'Brien, JD, MA. Board Member

AAFA New England would like to give special recognition and thanks to Meghan Neri, Lead Consultant, for her exceptional work in researching and compiling this Resource Guide.

Food Allergen Ingredient Labeling

The **2004 Food Allergen Labeling and Consumer Protection Act, or FALCPA**, sets the standards for allergen labeling for foods. In 2021, Congress passed the **Food Allergy Safety, Training, Education, and Research Act (FASTER)** which recognized sesame as a major allergen in the U.S. and required that sesame be added to ingredient labeling as of January 1, 2023.

Currently, there are the nine major food allergens:

- Milk
- Eggs
- Fish (such as bass, flounder)
- Crustacean shellfish (such as lobster, shrimp, crab)
- Tree nuts (such as almond, pecans, walnut, coconut)
- Peanuts
- Wheat
- Soy
- Sesame (as of Jan. 1, 2023)



Any product that is regulated by the Food and Drug Administration (FDA) must declare the presence of one of these allergens. They must use plain language – for example: lecithin (soy), flour (wheat), whey (milk) and albumin (egg).

Non-FDA Regulated Products

Only products that are regulated by the FDA must have FALCPA's allergen labeling requirements. Therefore, labeling requirements do not apply to alcoholic beverages (regulated by the Department of Treasury) or to meat, poultry, and egg products (regulated by the U.S. Department of Agriculture). Allergen labeling is voluntary for these products.

Precautionary Allergen Labeling

Ingredient labels that say, **“May contain...,” “Made in a facility with...,”** or **“Made on the same lines as...,”** are called “precautionary labels.” These labels are voluntary and are not regulated or required by law.

When in doubt about the ingredients of a product you wish to eat or drink, it is strongly recommended that you contact the manufacturer of the product in question.

Sources:

<https://kidswithfoodallergies.org/advocacy/key-policy-issues/food-ingredient-labels/>
<https://aafa.org/advocacy/key-issues/food-allergies-advocacy/food-allergen-labeling/>

Food Allergy Family Care Plan

Planning for Activities and Events Outside the Home

Reviewing your Food Allergy Care Plan with your child will help you both prepare for a public outing so that everyone understands their role in your child's safe participation. The more you attend events and follow your Food Allergy Care Plan, the easier it becomes to be prepared and enjoy the outing experience!

Discussions Before You Go:

1. Epinephrine Auto-Injectors (It is recommended that 2 should be carried for each outing)

- Who will be the primary carrier of the epinephrine auto-injectors?
- How will the epinephrine auto-injectors be carried? (With extreme hot or cold weather, have a plan to keep the epinephrine auto-injector temperature-controlled)
- Do we have our Anaphylaxis Emergency Care Plan ready? Have we reviewed it and understand the steps to follow? Where will we keep it? (Recommended: carry this with your auto-injector medicine)

2. Handwashing

- What is our plan to keep our hands clean, especially before eating? Will we have hand wipes with us and who will carry them? (Remember, hand sanitizer is not effective in removing food allergens.)
- Will we use public restrooms for handwashing?

3. Food

- Are we bringing our own food or are we buying food at our destination?
- If we will buy food, will we call the food service manager at the destination before we go?
- Will we look online for food offerings and ingredients?
- Who should we talk to about our food allergy at our destination?
- What do we tell them? Should we bring a printed, list of allergens to be avoided that we can share with our server? (Recommendation: laminate this printed list!)
- Do we have "back-up food" we will bring to eat if there are any concerns about the safety of food available at the destination?

4. Mobile Phone

- Do we have a charged mobile phone to bring with us? Who will carry it?
- Will we bring a contact list with important phone numbers?

5. In Case of an Allergic Reaction and Anaphylaxis

- What will we do if we have an allergic reaction while on this outing?
- Who will administer the epinephrine auto-injector?
- How do we alert someone if an allergic reaction is suspected and help is needed? Who will we tell and what number do we call if epinephrine is administered? (Call 911)

6. Role Play with your Child (tailor your conversation to your child's developmental level)

- How to handle any possible uncomfortable situations such as food being offered from a friend or adult that has not been approved by the parent, caregiver or designated adult,
- What should you do if you can't read ingredients on a food package?
- How to ask questions of a food server,
- How to answer questions from their peers,
- What to do if they are feeling uncomfortable, anxious or worried,
- What to do if they think they are having an allergic reaction.

7. Preparing a Chaperone if a Parent of Caregiver will not be Present

- Review with the chaperone your child's food allergens to be avoided, where the epinephrine auto-injector will be kept, and the steps to follow in your child's Anaphylaxis Emergency Care Plan.
- Make sure they have a mobile phone on hand and know to call 911 immediately if anaphylaxis is suspected and epinephrine has been administered.

Goals When Preparing Your Child for an Outing:

- Understands the food(s) to be avoided
- Understands the purpose of epinephrine
- Understands the signs of an allergic reaction
- Understands who will carry the epinephrine
- Understands who is the adult in charge auto-injector, who will administer it, and if age-appropriate, how to use it

At your Destination:

1. Epinephrine Auto-Injectors

- Have two (2) epinephrine auto-injectors and the Anaphylaxis Emergency Care Plan with you.

2. Mobile Phone

- Have the designated person carry the charged mobile phone.

3. Food

- If bringing food, make sure you have it with you.
- If buying food, tell your server your food allergens that need to be avoided. Give your server your printed list of allergens to be avoided, if you have it. Communication is key!
- If eating packaged food, read all of the ingredients carefully first. If you can't read the ingredients, or if there are food allergens in the list of ingredients – don't eat it!
- Remember to not eat food offered to you by others.
- Remember to wash hands with a wet wipe or with soap and water before eating!

4. If Anaphylaxis is Suspected

- Administer the epinephrine auto-injector without delay. Follow the steps outlined in your Anaphylaxis Emergency Care Plan that you have discussed with your allergist.
- Call 911 immediately. Share your exact location and that epinephrine has been administered to treat anaphylaxis.