



Handling Insurance Reimbursement for Massage Therapy Our Recommendations

1. **Discuss a treatment plan with your therapist.** Both you and your therapist should agree upon how many and how frequently visits should be scheduled. Typically, one to three months will be recommended. (Additional sessions needed may be requested from your doctor later.)
2. **Check with your insurance company** to determine whether or not a doctor referral is required. Some insurance companies require that your primary care provider refer you for therapy, and others allow referrals from specialists, so you will want to check with your insurance company on this issue also. If you do need a referral, call your doctor. Some doctors will write referrals when you call and ask for it, if the condition has already been discussed or treated.
3. **If your doctor is not familiar with your soft tissue problem, you will probably want to schedule an appointment with your him or her as soon** as possible. You may want to consult your doctor whether or not your insurance company requires it, so that he or she may monitor your progress.
4. **We are happy to write a brief report** about your therapy plan, if requested by your doctor. Additional information on Neuromuscular Therapy and Massage as A Health Care Method is available through us. This information may offer insights to your doctors on the benefits of massage therapy as an adjunct to traditional medical care. If you would like to have this information, please ask for it, or pick it up in the waiting area. Information is also available on our web site at www.ibodycare.com.
5. **Please have your doctor's office fax a copy of your referral to our office at 630-355-5186.** We cannot answer questions from your insurance company if they call and want this information if we do not have it. This may slow down your reimbursement, so be sure to get us a copy of your referral.
6. **Following each massage therapy appointment, be sure to obtain a receipt** to file for reimbursement with your insurance company. At this time, Ishman BodyCare Center does not process these forms for you. We are happy to answer any questions about your case should your insurance company require additional information.

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