

Skip The Script!

You can now skip the Doctor's referral for Physical Therapy.



To learn what payment options are available with direct access, turn this over. If you choose direct access, your physical therapist will still communicate your plan of care to your doctor.

Two Payment Options with PT Direct Access



1. If you don't want to go through your insurance, private pay out of pocket is the simplest way to utilize direct access to Physical Therapy (PT).
2. Many insurances will reimburse for physical therapy services without a physician's referral. The following insurances generally allow self-referral or scheduling directly for physical therapy:

- **Aetna**
- **Ambetter**
- **Blue Cross/Blue Shield**
- **ChampVA**
- **Cigna**
- **GEHA**
- **Humana**
- **Mailhandlers**
- **Medicare (*with stipulations below)**
- **Scott & White**
- **Senior Care**
- **Tricare Select**
- **United**

* Medicare requires our PTs must develop a plan of care and send it to the patient's physician or non-physician practitioner for certification within 30 days of the initial therapy visit. The patient is NOT required by law to actually visit the certifying practitioner at any point in the process, though the practitioner may require it themselves.

Confused? Understandable. But we've been doing this for years and we've got you covered! We can help!