

## How To Check If Your Insurance Covers Acupuncture (and for what Symptoms)

Call your plan's customer service line.

For some people, it may be easier to just use their patient/member portal

Patient Name \_\_\_\_\_

Insurance Company \_\_\_\_\_

Member ID Number \_\_\_\_\_

Group Number \_\_\_\_\_

Insurance Start Date: \_\_\_\_\_

Today's Date \_\_\_\_\_

If you speak with an insurance company representative:

Whom am I speaking with today? \_\_\_\_\_

Call Reference number \_\_\_\_\_

Because every medical plan is different, it is always best for patients to verify their own plans and coverage. ***This information does not guarantee coverage or payment by your insurance company.***

***\*\*A great way to check your Acupuncture benefits is to go into your personal insurance plan portal and search for "Acupuncture" AND "medical necessity". This will usually produce a document that tells you what conditions your insurance company will cover and if and when you need a referral/prior authorization. Recent Oregon legislation now categorizes Acupuncture as an "Essential Health Benefit" and requires insurance plans to cover up to 12 visits per year - usually for pain conditions. BUT this does not mean your plan will cover the condition(s) you would like treated -for example, back, neck, and headache pain may be covered while menstrual pain may NOT be covered.***

***Please be aware that your co-pay may be as high as \$45-\$60.***

**Do I need a referral or "Prior Authorization" from my primary care physician (PCP) for acupuncture services?** ☐ Y ☐ N

If yes, you will need to obtain this authorization prior to receiving care at Bardo Acupuncture.

**Do I have medical benefits for Acupuncture?** ☐ Y ☐ N

**Do I have medical benefits for this particular practitioner? (LAc)?** ☐ Y ☐ N

What conditions (ex: musculoskeletal pain) are considered medically necessary by my insurance plan? \_\_\_\_\_

Is my condition(s) considered medically necessary and covered by my plan? \_\_\_\_\_

What is my office co-pay/ co-insurance? \_\_\_\_\_

Is it subject to my deductible? ☐ Y ☐ N ☐ NA

Is there a visit limit or benefit maximum? ☐ Y ☐ N \_\_\_\_\_

How much have I met? \_\_\_\_\_

**Are the following CPT codes covered by my insurance plan?**

97810 Initial 15 minutes Acupuncture ☐ Y ☐ N

97811 Additional 15 minutes Acupuncture ☐ Y ☐ N

97813 Initial 15 minutes Acupuncture with E-stim ☐ Y ☐ N

97814 Additional 15 minutes Acupuncture with E-stim ☐ Y ☐ N

97010 Heat Therapy ☐ Y ☐ N

97026 Infrared ☐ Y ☐ N

97016 Cupping ☐ Y ☐ N

97140 Manual Therapy ☐ Y ☐ N

***Not all the codes above may be covered by your plan. This is ok! The only ones that are necessary are 97810 and 97811***