

## **Adult Pelvic Health Insurance Reimbursement Information**

In order to competently treat pelvic floor dysfunction, a licensed physical therapist with advanced specialty training in “internal pelvic floor rehabilitation”, also known as Uro-gynecological physical therapy, is required. A qualified provider should also be proficient in the treatment of bladder, bowel and sexual dysfunction. Solely providing instruction in Kegel exercises and strengthening is NOT adequate to resolve pelvic floor dysfunction. At the present time, qualified in-network physical therapy providers that possess these qualifications are very limited in our area. The providers at Physical Therapy Your Way and Advanced Specialty Care have extensive training and competence in treating pelvic floor dysfunction.

The only insurance companies we currently participate with are Medicare and Veterans Affairs. **We are out of network with all other insurance companies.** This means that payment is due at the time of service for your treatment. We will provide you with an itemized bill with the coding needed to submit to your insurance company for reimbursement per your policy’s out of network benefit guidelines.

In some cases you may be able to qualify for an **“in-network payment exception”** from your insurance company if they are unable to provide you with an in-network provider that can competently perform this **medically necessary service**.

To find out if you qualify for an **in-network payment exception**, please call your insurance company. The insurance company will need to know that you require **advanced specialty care physical therapy for pelvic floor dysfunction**. The insurance company may call or ask you to contact local physical therapy practices that are in your network to see if they employ therapists who are properly trained in this specialty. To verify other physical therapy practices’ qualifications please ask (or instruct the insurance company to ask) the following questions.

1. Do you have licensed specialty trained physical therapists that provide “internal gynecological” pelvic floor rehabilitation?
2. Are they competently trained in bowel, bladder and sexual dysfunction therapy?
3. Do your licensed therapists provide treatments beyond Kegel exercises and strengthening?
4. Does this practice have the availability to schedule your appointment within 14 days?
5. Is this physical therapy practice within a 15-mile radius of your home?

If the answers to these questions are NO, you **may** qualify for an **in-network payment exception** to receive care at our specialty practice. There are many different ways that insurance companies handle coverage exceptions. We are here to help you navigate the process so that you can receive these specialized medically necessary treatments.

**If you have any further questions, please contact our office: 571-312-6966.**