

How to Check Your Insurance Benefits

It's a good idea to call your insurance company to verify your coverage before your appointment. You can use this page to check for benefits for alternative medicine services, just be sure to ask about the specific practitioner you wish to see. Also keep in mind that benefits quoted are not a guarantee of payment for services.

Our practitioners at Kenton Wellness Cooperative are:

Acupuncture: Glenda Culbertson DC, LAc. Pamela Johnson LAc. Angela Selseth LAc.

Chiropractic: Glenda Culbertson DC, LAc.

Counseling: Catherine Bice LCSW

Massage: Amie Beckwith LMT, Samantha Hargrove LMT, Miranda Morehouse LMT

Physical Therapy: Tina Haiser PT, PRC

Call the customer service number on the back of your insurance card. Ask for benefits/eligibility. Tell the phone representative you're calling to check on your personal insurance benefits. Then ask the following:

Do I have coverage for acupuncture/massage/chiropractic/counseling/physical therapy? *Remember: If a service isn't covered by your insurance, our practitioners can offer discounted cash rates to those who pay on the day of service*

Is (provider's name) in-network with my plan?

Do I have out-of-network benefits? Yes/No *(You only need to ask this your provider is NOT in network.)*

Do I have a deductible to meet first, in regard to this service? Yes/No **How much is it?**

How much of my deductible do I still have to meet this year? \$ _____

This is the amount you will pay out of pocket this year before services are covered. The amount is renewed each year.

What is the date my insurance policy renews each year? _____

What is my co-pay or co-insurance? _____

If you have a deductible, this must be met before the co-pay applies.

Is a referral required from my primary care physician? Any other pre-authorization required?

Do I have a maximum number of visits, or a maximum dollar amount for this service each year?

The name of the representative that assisted you: _____

His/her direct phone number: _____ Date/Time Called: _____

If you still have questions or need assistance with checking your insurance benefits, please give our office a call.