

North Portland Wellness Center: How to Check Your Insurance Benefits

Remember to call your insurance company at least 24 hrs in advance of your appointment. If you are checking your benefits for more than one service, you may want to print multiple copies of this page. 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 (select one):

Remember: If a service isn't covered by your insurance, we offer discounted cash rates to those who pay on the day of service.

Acupuncture	Yes/No
Chiropractic	Yes/No
Massage	Yes/No

Is/are the following practitioner/s in-network with my plan (circle those that are):

Acupuncturists: Colleen Bunker | Mary Chen | Jessica Maynard | Megan Cohen | Annabelle Snow | Lili Scott

Chiropractors: Dr. Keenan Borgardt

Massage Therapists: Erik Cannard | Tamra Holder | Ario Lynch | Erin Rose Turner | Nicolette Wood

Do I have out-of-network benefits? Yes/No

You only need to ask this if the practitioner you want to see 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? Yes/No

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

Write down the name of the representative that assisted you: _____

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