



# The North Portland Wellness Center

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## How to Check Your Insurance Benefits

- Please call your insurance company at least 24 hours 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 and ask for **benefits/eligibility**.
- Tell the phone representative you are calling to check on your personal insurance benefits. Then ask the following questions.

Do I have coverage for Acupuncture?	Yes / No
Do I have coverage for Chiropractic?	Yes / No
Do I have coverage for Massage Therapy when performed by a Licensed Massage Therapist? <i>(Billing code 97124)</i>	Yes / No
Do I have out-of-network benefits?	Yes / No
Do I have a deductible to meet? If yes, how much is it? How much of my deductible do I still have to meet this year?	Yes / No \$ _____ \$ _____
What is the date my insurance policy renews each year?	___/___/___
What is my co-pay or co-insurance?	Copay: \$ _____ Coinsurance: _____%
Do I have an additional co-pay for office visits or exams? If yes, how much is it?	Yes / No \$ _____
Is a referral required from my primary care physician?	Yes / No
Any other pre-authorization required for treatment?	Yes / No
What is the maximum number of visits per year that are covered?	# of visits _____
Is there a dollar limit that insurance will coverage per year? If yes, what is it?	Yes / No \$ _____
Do I have an extra co-pay/co-insurance for <b>therapies performed by my chiropractor</b> ? <i>(Common billing codes are 97110, 97140, 98943, and 97035).</i> If yes, how much is it?	Yes / No \$ _____

Write down the name of the representative that assisted you: \_\_\_\_\_

Reference Number for the call: \_\_\_\_\_ Date/Time Called: \_\_\_\_\_