

# Are All of Your Services Covered by my Insurance?

While most insurance policies do cover all of our services, the following Insurance companies **DO NOT**.

**United Health Care (UHC)**. This includes all plans managed by UHC. This includes, but is not limited to: Optum Health, UMR, AARP, Golden Rule, AHCCCS plans managed by UHC.

## **Cigna Health Insurance Plans**

### **What does this mean?**

All traditional physical therapy services are covered by your insurance. This includes:

#### **Corrective Exercises:**

Most pain is caused by underlying movement dysfunction. Corrective exercises will correct the movement dysfunction when performed correctly and consistently.

#### **Modalities:**

Ultrasound Therapy  
Cold Laser Therapy  
Traditional Electrical Stimulation Therapy  
Hot and Cold Therapy

However, **UHC and Cigna Health Plans DO NOT COVER** THE FOLLOWING SERVICES:

**DRY NEEDLING:** If you choose to receive this treatment, there will be an additional charge of **\$35/ session**. This is in addition to your copay or deductible payment at the time of service

**CUPPING:** If you choose to receive this treatment, there will be an additional charge of **\$35/ session**. This is in addition to your copay or deductible payment at the time of service

**NEUBIE THERAPY:** If you choose to receive this treatment, there will be an additional charge of **\$50/ session**. This is in addition to your copay or deductible payment at the time of service

**WHOLE BODY CRYOTHERAPY** (NW location only): If you choose to receive this treatment, there will be an additional charge of **\$35/ session**. This is in addition to your copay or deductible payment at the time of service

You are able to choose one or all of the options and you are not required to receive the optional treatments at every session you attend.