

ELEVATION SPORTS MEDICINE CLINIC

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Payment Policy Agreement

ALL PAYMENTS MUST BE MADE AT THE TIME OF SERVICE, IRRESPECTIVE OF INSURANCE.

Our office will check your insurance coverage and benefits. If your insurance does reimburse, we apply that to your insurance balance. If the insurance reimbursement payment exceeds your in office treatment / insurance balance, then we credit your account.

Your contracted insurance rate of your deductible and co-pay does apply and is factored into your payments for treatments.

For example: if you have a \$60 co-pay then its \$60 per visit because that is your contracted co-pay with insurance.

HSA and FLEX accounts are accepted. As well as credit cards, cash and check.

We do offer a time of service discount. If you insist on using your insurance **only** (vs the co-pay model) **then no time of service discount is offered and full fees will apply** until your deductible is met. (see below for fees for services and treatments).

Typically, at a subsequent visit with us, we discuss the "financial" side of care. This meeting typically goes very well, because it boils down to 2 factors. 1. Does your co-pay and insurance apply? Or 2, does it not? (this is subject to your contracted rate, deductible and copay).

Quality of life, treatments, insurance.

1. Keep in mind you are here to get better. This is due to you being in some sort of pain and dysfunction.
2. We have various methods to get you better through our PT / Rehab, Sports Medicine, Chiropractic protocols that are very safe and effective.
3. Depending on the degree of pain and dysfunction you are in, also your age and pre-existing conditions, the time to get through "**phase 1**"* of care is variable (this will be discussed during your "report" or "game plan"). Keeping in mind everyone heals and improves at a different rate. We will do our best to give you a prognosis.
4. Depending on insurance, prognosis and treatments rendered, the cost can vary (we will discuss this at a subsequent visit ... also known as the "the report" or "game plan").

5. There are 2 common methods of payments:
 - a. Pay as you go
 - b. Pre-paid package
6. After **phase 1*** is completed we discuss what the game plan looks like for phase 2 and phase 3. Typically phase 2 we start to back off on treatments. And in phase 3 that is considered "wellness care", "tune ups", or "preventative care"

Missed appointments and cancelations

There is a \$50 missed appointment fee, unless you let us know at least 6-24 hours in advance

You are welcome to text us to let us know you need to reschedule

Treatment (and other) fees:

1. Adjustments \$75
2. Decompression \$80
3. Dry Needling \$50
4. PT modalities \$30 each
5. Consultations \$46 per 15 minutes
6. Note / Record request: \$40 per request
7. X-Rays \$80 per area (region) if in house. If referred, then the rate the imaging facility charges.
8. Exam \$60 - \$200 (depends on the extend of the exam, focused vs comprehensive)
9. Blood Chemistry (cost varies depending what is ordered...see website for details under blood labs, or visit with us since there are over 3,000 labs we can order and price does vary depending on the lab you may need).
10. Physicals \$80
11. Record review / consultations / case management report \$46 per 15 minutes (phone, email, in person)

Any questions, feel free to contact is via email or in person. Elevation.sportsmed@gmail.com

Below describes the phases of care

Phase 1* is considered the acute phase of care. This usually means you (the patient) come in to the office acute or in a lot of pain. Bottom line...IT HURTS!

Phase 1 of care is typically anywhere from 4 weeks to several months (depending on the severity of the injury).

After phase 1 of care is reached (by this time you are feeling better)

We then taper you into **phase 2**...the corrective care phase. Continuing treatments and to continue to allow the underlying tissue to heal and remodel. This takes 2 months to many months (depends on the severity of the injury) up to a year.

After Phase 2...you then taper into **phase 3** of care. This phase is "wellness care". As I like to say "tune ups" these generally are every 1 – 2 months or 6 – 12 times a year.

The more active you are the more this phase of care is valuable and a good fit for your body, lifestyle, health and function.

Taking care of your body is very important and our methods of care help you with that.

Dr. J. Alvarez BS, DC, FDN

A handwritten signature in black ink, appearing to read "Dr. J. Alvarez DC". The signature is fluid and cursive, with the letters "Dr" and "Alvarez" connected, and "DC" written separately at the end.