

Direct Access Update and Insurance FAQs:

Did you know that in the State of Georgia, you obtain physical therapy services without a physician referral? You are allowed 8 visits or 21 days (~ 3 weeks) of treatment.

Most major insurance plans do not require a referral to start physical therapy. Requiring a referral from a physician is state law AND can be required by some insurance plans, and those requirements vary by state.

How do you know what your insurance plan requires and what are your benefits? Our team verifies benefits to determine physical therapy coverage, limitations, and requirements. We encourage our patients to verify their benefits, too.

What happens after 8 visits or 21 days? If you and your therapist decide you need treatment beyond this timeframe, you will need a referral or script from a physician (primary care, orthopedic, internal medicine, dentist, etc.) to continue treatment. Please note modalities such as dry needling cannot be provided without a physician referral AND only by a physical therapist who is certified in dry needling.

Can I get a referral before the 8 visits or 21-day expiration date? Absolutely! Your therapist and our team will update you on your progress and discuss further treatment before your visits/time expires.

What if I do not have insurance and want to pay cash? We have a cash plan available for those who are uninsured or underinsured. Cash patients are also subject to the direct access requirements.

What is your list of in and out of network insurance plans?

IN NETWORK:

AETNA
AMBETTER
BLUE CROSS/BLUE
SHIELD PPO/PAR
BLUE CROSS/BLUE
SHIELD HMO/POS
MEDICARE
MULTIPLAN
PHCS
TRICARE Select

OUT OF NETWORK:

CIGNA-all products
UNITED HEALTHCARE
HUMANA-(as of
6/15/2021)

Not Accepted:

MEDICAID
AMERIGROUP
WELLCARE
PEACHSTATE

Our list of accepted insurances does change, as we are adding and/or changing our participation with insurance companies. We do encourage you to call our office AND your insurance company to confirm we accept or are in-network with your insurance.