



**BIOSPORTS NORTHWEST**  
*Gait Analysis, Sports Biomechanics, Physical Therapy, Custom Orthotics*

## In-Network Insurance Coverage Checklist

Coverage for physical therapy and orthotics vary with insurance policies, and it changes frequently. We **strongly recommend** that you call your insurance provider and check your benefits.

### Before you call:

- Have your insurance card ready. Locate your policy number, ID number or group number. Know the subscriber's name and date of birth. A customer service number is usually located on the back of the card.
- Be aware that Biosports Northwest is an in-network provider for **Premera, Blue Cross, Regence, Lifewise, First Choice, Cigna** otherwise we are out-of-network.

### Ask the following questions:

- Do I need a prescription to see a physical therapist?      Yes \_\_\_\_\_ No \_\_\_\_\_
- Do I need preauthorization to see a physical therapist?  
     Yes \_\_\_\_\_ No \_\_\_\_\_  
     If yes, what do I need to do? \_\_\_\_\_
- Do I have (in-network) deductibles?  
     \$\_\_\_\_\_ per year  
     How much of the deductible have I met so far? \$\_\_\_\_\_
- Are my orthotics covered? (The billing code used for a pair of orthotics is L3020x2)  
     Yes \_\_\_\_\_ No \_\_\_\_\_  
     How many pairs per year? \_\_\_\_\_

If yes---

- Does orthotic coverage depend on specific diagnostic codes? If so, where (on-line) is the list of the diagnostic codes that cover orthotics?  
     www.\_\_\_\_\_
- If the orthotic coverage is based on **medical necessity**, what document do I need to prove that? (Is a physician's prescription or physical therapist's evaluation note signed by a doctor count for medical necessity?)  
     \_\_\_\_\_
- Do I need a prescription for orthotics?      Yes \_\_\_\_\_ No \_\_\_\_\_
- Do I need a pre-authorization for orthotics?      Yes \_\_\_\_\_ No \_\_\_\_\_  
     If so, what do I need to do for the authorization? \_\_\_\_\_  
     What is a fax number and/or address to submit these documents?

Make sure you get the name of the customer service representative and the reference number. This becomes important when the information you were given over the phone differs from the explanation of the benefit you receive after your treatment.

I am talking to \_\_\_\_\_ Reference number for the call \_\_\_\_\_

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