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## Pure Motion Physical Therapy is turning FIVE.

Dear \*|FNAME|\*

In reaching this milestone, I have been considering how I can best serve the community and my patients.

In my practice, I emphasize patient education and champion an individual's ability to create change in their bodies with that guidance and knowledge. I am thrilled to find myself in the midst of clients who are committed to their health and have a desire to work with their bodies to eliminate pain, improve strength, increase flexibility, or increase skills.

*To respect this model of care, I will become an out-of-network provider with all insurance carriers beginning January 1<sup>st</sup> 2018.*

Over the past few years, insurance companies have increasingly added barriers to accessing physical therapy care including the use of prior authorization companies who dictate how, when, and how much care I can provide. These companies have decided that an 80% return to full strength is adequate and will often not approve care beyond this level of function. They are also based on a model of seeing patients two to three times a week and do not work well with a model of care based on individual responsibility, growth, and active participation in treatment that I believe is best for lasting results.

### What does this mean for you?

After January 1<sup>st</sup>, all appointments will be paid for at the time of the visit.

For those of you who pay for care using an **HSA** this transition will have minimal impact on how you pay for your care. You can continue to use your HSA to pay for your care.

If you have a **high deductible** insurance plan, instead of waiting for a bill in the mail and having to mail in payment, you will be able to pay at the time of your visit.

For those of you who are **professional artists** or who may have financial concerns with regard to care, becoming an out-of-network provider frees me to provide discounted

services when before I was locked into a contract that did not permit them. Please contact me if you have questions about this option.

If you **have insurance** coverage that has been working for you, I am happy to let you know that I can provide a “superbill”. This is a receipt with all of the information that your insurance company requires for an insurance claim. Depending on your insurance plan, submitting a superbill may enable you to receive reimbursement from your insurance company based on your out-of-network benefits. On my website you can now find a worksheet to help you navigate your insurance benefits.

## Out of Network Forms

**Thank you for trusting me with your care.**

I am here to help you understand this transition. Please contact me with any questions or concerns about how this may effect you or the process in general.

In Health,

Emily Scherb, PT, DPT

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