



## FAQ

**1. How long are the sessions?**

Typically sessions are one hour to allow sufficient time to provide an at-home plan you will need for the week. However, 30-minute sessions are offered, if needed, for your convenience.

**2. How many sessions do I need to get better?**

On average, most patients come in four to six times after their initial evaluation. Your success lies solely on your ability to commit to the recommended treatment and lifestyle plan.

**3. I want to better my health, but I am not sure where to start?** If you are not sure where to start but know that you need to improve your overall health, a full functional medicine evaluation to address sleep, pain, activity, stress, movement relationships, and more is recommended. If you are ready to commit to our three-month Movement Paradigm Transformation Program, let us know if you'd like more information.

**4. I don't have a lot of time. Will I be able to achieve success with this program?**

Don't worry! On average, once per week for four to six visits is all that is required. You will be provided with a detailed, concise, and attainable program to work on between sessions.

**5. Do you take insurance?**

In order to provide one-on-one quality care, the Movement Paradigm does not accept insurance or interact directly with medical insurance providers. However, you can submit incurred "out of network" expenses to your insurance company. It is recommended that you call your insurance company before beginning treatment to determine your insurance coverage benefits. Then, ask your Movement Paradigm Therapist to provide a statement at the end of your treatment sessions. Save your receipts and you will submit both the statement and receipts to your insurance company.

**6. Can I use my Health Savings or Flexible Spending Account?**

Yes! Both of these plans are accepted.

**7. What is your cancellation policy?**

We have a 48-hour cancellation policy, although we understand there are real emergencies. We are looking for individuals ready to commit to their health and recovery. You will be charged for your session if you provide less than 48 hour notice.

**8. I have insurance, so I am not sure if I want to go out of network. What's the difference?**

Most importantly, one-on-one high-quality patient care. The entire session is focused on improving your well-being. Additionally, the average insurance deductible is greater than \$4,000 individual and greater than \$8,000 for a family. The average co-pay is \$30 and if you do three sessions a week at a standard outpatient clinic, you would pay \$90/week. So, if you have a high deductible plan, you would spend significantly more than you would at the Movement Paradigm.

Remember, you can submit incurred expenses to your insurance company for reimbursement, too!

You will actually spend less at the Movement Paradigm and will be provided a holistic approach to your health concerns, which will allow you to live a healthy, pain-free life!