



152 East 73rd Street • New York, New York 10021 • 646-712-2064

## **Information for Using "Out of Network" Benefits for Physical Therapy**

- 1) Call the phone number on the back of your insurance card.
- 2) Tell them you need to check your policy for "Out of Network benefits for physical therapy" and write down the information that they give you
- 3) Be sure to ask if:
  - a. You need "pre-authorization" before you begin therapy?
  - b. There is a special form(s) that needs to be filled out and where to obtain that form?
  - c. How many visits or how much time before you will need pre-authorization?
  - d. How long or how many visits are you allowed:
    - i. per year?
    - ii. per condition?
- 4) What is your deductible, does it apply, and how much has been met?

**Please bring this information with you  
to your first physical therapy appointment.**