

## Guidelines for Requesting a Physician Referral for Structural Integration/Massage

1. Begin by discussing the potential referral with a representative of your insurance company. Learn just how your insurance company wants the referral structured.
2. Your insurance company may accept referrals from Medical Doctors, Osteopaths, Chiropractors, Nurse Practitioners, Physician's Assistants, Naturopaths or Acupuncturists. Before seeking a referral from any practitioner check with your insurance company first to see what they will accept.
3. Insurance companies are interested in my license as a practitioner, not the particular modalities I use; Structural Integration, Neurofascial Manipulation or Myofascial Release. In writing the referral, the referring practitioner may name a particular modality and must also use the word massage. It is better if the prescription mentions me by name, but is not absolutely necessary.
4. It may be beneficial to spread your sessions out over time with up to two weeks between some sessions. Physicians are often accustomed to referring to physical therapy or to massage, where more frequent visits may be beneficial.

Therefore, please ask the referring physician to either leave the duration and spacing of treatments up to me, or to specify something like: "Eight treatments within a 90-day period" or "twelve treatments within 120-day period."

5. Some Physician's use referral forms for massage or physical therapy, these are different from regular prescription forms. Some insurance companies reject these referral forms and insist the referral be rewritten on a prescription form. Check with your insurer first to see what they will accept.

