

## How to check your Insurance Benefits

Call the customer service number on the back of your insurance card. Ask for benefits/eligibility. Tell the phone representative you're calling to check on your personal insurance benefits. Then ask the following:

**Your name and Date of Birth:** \_\_\_\_\_

**Insurance Company Name:** \_\_\_\_\_

**Do I have coverage for Massage** Yes/No  
(CPT codes 97124 and 97140)

**Do I have out-of-network benefits?** Yes/No

**Is Lifelong Wellness Center or Adinah Barlow, NIP # 1578894630 in your network?** Yes/No

**Do I have a deductible to meet first, in regard to this service?** Yes/No

**How much is my deductible?** \$ \_\_\_\_\_

**How much of my deductible do I still have to meet this year?** \$ \_\_\_\_\_

*(The deductible is the amount you will pay out of pocket this year before services are covered. The amount is renewed each year.)*

**What is the date my insurance policy renews each year?** \_\_\_\_\_

**What is my copay or coinsurance?** \$ \_\_\_\_\_

*(If you have a deductible, this has to be met before the copay applies)*

**Is a referral required from my primary care physician? Any other preauthorization required?** Yes/No

**Do I have a maximum number of visits, or maximum dollar amount for this service each year?** \_\_\_\_\_

Write down the name of the representative that assisted you: \_\_\_\_\_

His/her direct phone number: \_\_\_\_\_

\*If you have any questions or need any help looking into this please email our insurance biller Angela @ [angie@lifelongwellnesspdx.com](mailto:angie@lifelongwellnesspdx.com).