

Services, Policies, and Pricing



Occupational Therapy

Occupational Therapy focuses on client goals. A previous, relevant evaluation or a new evaluation conducted by one of Your True Self's OTs sets the foundation for Occupational Therapy. The therapist and family work together on the goals of highest priority for the client and document progress/ revise goals along the way. Swimming or sports (kayaking, biking, skiing, etc.) can also be a part of the OT process and can be used as therapeutic tools during the sessions. OT has the potential to be reimbursed by insurance companies (We provide invoices, and then paid receipts as an out of network provider at the beginning of each month for the previous month's service. These receipts can be submitted to your insurance company.) Each insurance company is different for services. Occupational Therapy services are typically for anywhere from 30 minutes to 180 minutes. The final 5 minutes of any OT session is reserved for Therapist documentation time (which is vital to reflection and adaptation for providing optimal services).

Non-Direct Services (Consultation) such as parent meetings, school observations, extensive emails, or other non-direct OT services are billed for anything over 10 minutes (at the OT rate). These services are typically considered consultation and not covered by insurance unless it is being used for evaluation / re-eval purposes (possibly eligible for reimbursement). Progress notes, dealings with insurance, and other services are also to be billed at the the consultation rate.

Travel time for clients that are over 10 minutes from a therapist that are not at least 3 hours of service or have 3 hours of clients near that location typically incur a travel rate.

Requirements for OT

1. An Occupational Therapy or Qualifying Physical Therapy Evaluation. Your True Self can also provide the initial OT evaluation if you do not want to use an already existing one.
2. OT Goals (Long and Short Term) which are formulated between the OT and caregivers. These can be pre-existing goals.
3. Documentation of all OT sessions.

Insurance Company Questions

Here are some suggested questions to pose to your Insurance Company to determine coverage:

Your True Self, LLC is technically an out of network provider and provides detailed receipts to our clients who submit them to their insurance provider. Many insurance companies require a treating diagnosis provided by a doctor to reimburse OT services. Each company also provides a different reimbursement rate. These are the questions that may help in understanding your insurance company's policies:

- What is the plan's definition of occupational therapy?
- Are there limitations in number of visits, sites at which services may be received, or yearly costs incurred for occupational therapy services?
- Is there a network of providers that an occupational therapist must join to bill? Can a patient "opt out" of the network, and if so, what financial disincentives exist?
- Does the plan offer case management services for some conditions?
- Does the plan pay a fee for service or is payment for occupational therapy "bundled" into a group of services (e.g., a set amount for all rehabilitation services)?
- Does the payer require specific credentials for occupational therapists?
- Is there a different reimbursement rate if treatment is provided by a Certified Occupational Therapy Assistant?
- Does the payer require that the therapist or health care facility or clinic join a provider network?
- Is the client responsible for co-payments, deductibles, or other out-of-pocket expenses? Under what circumstances?

<https://paigehays.net/insurance-and-pediatric-occupational-therapy-coverage-10-questions-to-ask/> <---- Link to suggested questions for OT Reimbursement Info.

For individuals who do not seek OT and/ or insurance coverage we offer...

Adaptive Activities

<https://www.yourtrueselfot.com/adaptive-sports>

Swim lessons, kayaking, paddle boarding, rock climbing, slacklining, archery, tennis, biking, basketball, baseball, soccer, etc. We focus on the activity with individualized adaptation to assist each client. These sessions are anywhere from 30-180 minutes. These sessions can also be 2:1 semi private (2 clients, 1 instructor), 3:1 semi privates (3 clients, 1 instructor), or 4:1 semi private (4 clients, 1 instructor). These sessions are not reimbursable by insurance.

We also offer discounts for proactively purchasing bundles of sessions and we try to work with people's budgets to help support their families.

<u>Service</u>	<u>Price</u>
Occupational Therapy	\$206/ hour
Adaptive Activity 1:1	\$152/ hour
Adaptive Activity 2:1 Semi-Private	\$99/ hour
Adaptive Activity 3:1 Semi-Private	\$75/ hour
Adaptive Activity 4:1 Semi-Private	\$60/ hour
Occupational Therapy Evaluation (Brief Option, ~ 3 pages)	\$800 (45 direct patient mins)
Consultation	\$206/ hour
Travel Rate	\$90/ hour

Cancellation/ Attendance Policy

We sincerely try to be as flexible and forgiving as possible when it comes to needing to cancel! We ask that you please let your instructor/ therapist know as far in advance as possible if you cannot make a session so we can fill it with another client. Our policy is that cancellations under 24 hours are charged the full rate. Cancellations are to be made directly with your instructor/ therapist.

With that said, we are not absolute misanthropes! Any cancellation that occurs over 24 hours does not incur a charge. We will be as reasonable as possible in an unpredictable world, though we also just need to ensure consistency/ commitment and that all parties time is valued and respected.

We also seek to be as consistent as possible for the most effective outcomes possible. We ask that you please be mindful of your ability to regularly attend sessions at the scheduled time. There are many community members on the waitlist, so we do our best make sure time is spent efficiently (reducing open spaces that could be used by someone in need). If there are ever anticipated changes to your schedule, please reach out as far in advance as possible and we can seek to resolve scheduling conflicts, if possible! If you are a weekly client and miss 3 or more sessions over a 60 day span or anticipate missing 3 or more sessions within a 60 day span, we will ask that you reach out (or we can reach out) to troubleshoot scheduling challenges. We may require the client to go back on the waitlist until there is the opportunity for consistent attendance.

Company Details

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