

N E W S L E T T E R

NEW YEAR, NEW CLINIC



New St. Bernard Clinic!
Details Inside

ALSO INSIDE:

UNDERSTAND HOW MUCH YOU WILL HAVE TO PAY!
PATIENT SUCCESS SPOTLIGHT • NEW YEAR, NEW YOU
AND MORE!

N E W S L E T T E R

DID YOU KNOW THAT PHYSICAL THERAPY CAN ALSO HELP YOU SAVE MONEY?



If you are in need of physical therapy treatments but you are hesitant about the cost/insurance coverage, we would like to put your mind at ease. In fact, physical therapy can actually help you save money in the long run. At FYZICAL, we want to make sure that you are paying as little as possible for the care you need. We are more than happy to discuss any insurance or payment questions you may have. Contact us today to schedule an appointment and discuss what payment will look like with your treatments. Don't hesitate on finding relief simply because of cost uncertainty – we are here to help you every step along the way.

How can physical therapy help me?

Physical therapists are part health care professionals and part teachers. Highly trained in human anatomy and physiology, physical therapists use a variety of techniques to diagnose movement and function problems, prescribe therapy and teach a person how to continue improving and avoid injury long after they leave the office. Physical therapy is often prescribed after an injury or surgery, but it can also be an important part of the treatment plan for neurologic disorders, disabilities, cardiac conditions, pulmonary problems, and developmental disorders.

One of the best ways that physical therapy can help you save money is by helping you avoid surgery. It is no secret that surgeries are expensive. By seeking out physical therapy treatments in the

beginning, you'll save an incredible amount of money. Surgeries are pricey and physical therapy is far cheaper!

It has been proven that physical therapy can be just as effective, if not more so, than surgery. For some specific conditions, patients who received physical therapy alone were seen to have achieved the same results as those who received surgery in tandem with physical therapy. These conditions were:

- Meniscal tears
- Rotator cuff tears
- Osteoarthritis
- Spinal stenosis
- Degenerative disc disease

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Physical therapists are adept at diagnosing the root problem of a person's functional problem. Rather than looking at the symptoms (pain, discomfort, stiffness), these professionals look at what is causing the symptoms. As a result, physical therapists perform the right type, frequency, and duration of therapy, based on goals beyond the superficial symptom. For instance, someone who comes to a physical therapist with pain in their knee may begin therapy with goals to strengthen the muscles in their leg, reduce their weight, and improve their posture. In the long run, this is actually more effective than surgery, since it helps improve your overall health, rather than treating just one specific aspect of discomfort.

www.fyzical.com/new-orleans

UNDERSTAND HOW MUCH YOU WILL HAVE TO PAY!

Insurance terminology can be confusing. There have been several instances where our patients don't understand their benefits because they simply don't know what to ask their insurance providers. Below we've provided some definitions for some common terms that you can discuss with your insurance provider prior to scheduling an appointment:

1. What is a copay? A copayment, also referred to as a copay, is a fixed amount of money that a patient may have to pay prior to receiving a medical service. The amount of each patient's copay is defined by their insurance company, and may vary depending on what plan you have. In some cases, copays may even be waived altogether by your insurance provider. To find out what your copay may be for physical therapy services, contact your insurance provider. We will also discuss copays with you before your first appointment.

2. What is a deductible? A deductible is a fixed amount of money that an insured patient must pay out of pocket, before the insurance company will pay any medical expenses. Much like a copay, your deductible amount will be dependent upon your insurance company, as not all insurance providers follow the same guidelines. Your insurance company will be able to tell you exactly how much your deductible is. We will also discuss deductibles with you at your first appointment, to outline how much you may have to pay before your insurance provider picks up the cost.

3. What is coinsurance? Coinsurance refers to the amount of cost that you split between your insurance provider. For example, 80/20 is a common coinsurance, in which the insurance company will pay 80% of a medical cost and the patient will pay the remaining 20%. Again, each insurance company will have a different coinsurance



policy, so it is important to discuss this with them beforehand to figure out what percentage of costs you will have to pay. We will also discuss this with you at your first appointment to figure out how your percentage will play into the costs of our services.

Save money and find relief today! At FYZICAL, we are more than happy to discuss any further monetary or insurance questions that you may have. Contact us today to schedule an appointment and discuss how we can help you save money on your treatments! **Don't hesitate on treatments simply because of money uncertainty – we are here to help you every step along the way.**

Call today to schedule an appointment!

NEW YEAR, NEW YOU

Happy New Year from your FYZICAL New Orleans & St. Bernard family! With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let FYZICAL help you on your journey to becoming strong, healthy, and active in 2021.



IF YOU'RE INTERESTED IN THERAPY OR FITNESS, VISIT WWW.FYZICAL.COM/NEW-ORLEANS OR CALL US TO SCHEDULE YOUR APPOINTMENT WITH FYZICAL TODAY!



NEW CLINIC SPOTLIGHT

Motion Dynamics Physical Therapy is now FYZICAL! As a valued client, we are proud to inform you that we have expanded to St. Bernard and now have two clinics. We have acquired Motion Dynamics Physical Therapy in Chalmette, LA as of November 12, 2020 and are now doing business as FYZICAL Therapy & Balance Centers St. Bernard. We are excited to be able to provide our services to our New Orleans and St. Bernard community and we look forward to this new chapter in our growth. The important changes we have made are a result of a rebranding effort designed to mirror the growth and transformation of our organization.

How Our New Clinic Can Benefit You?

- You, the client, are the number one priority: we are expanding programs to meet more needs within the St. Bernard community. One such offering is a state of the art balance, dizziness and fall prevention program.
- To keep you healthy we are looking to expand services to all our clients and future clients and welcome feedback on what could best serve you and your family.
- You will see our facility and equipment improve to directly benefit our clients
- Visit us at our 2nd clinic location and meet our FYZICAL St. Bernard team

Some Things Will Not Change. We are still the same high-quality therapy clinic, with the same personable values in our staff, and the same billing practices. The same quality of care you expect and receive from our New Orleans location is being implemented at our St. Bernard location as well.

If we have not seen you in a while, please reach out and let us know how you are. Thank you for reading and have a wonderful day!

Love Your Life!
Sincerely,
The FYZICAL Team

HAPPY NEW YEAR

Happy New Year from your FYZICAL New Orleans & St. Bernard team!



PATIENT SUCCESS SPOTLIGHT!



My pain level went from an 8 to a 0.

"Before coming to therapy, I was unable to turn my head very much in any direction and had a lot of pain that caused me to take a lot of medicine to help. I now have full range of motion after having therapy at FYZICAL Therapy & Balance Centers and my pain level went from an 8 to a 0. This has been the best therapy experience I have had. My therapists Evan, Nathan, and Daniel are all awesome and have made the whole experience fun instead of a trial. I would return to FYZICAL for any other issues because they are the BEST!" - Reina W.

SLOW-COOKER VEGETARIAN LASAGNA

INGREDIENTS

- 1 large egg
- 15-16-oz part-skim ricotta
- 5 oz package baby spinach, coarsely chopped
- 3 large portobello mushroom caps, gills removed, halved and thinly sliced
- 1 small zucchini, quartered lengthwise and thinly sliced
- 28 oz can crushed tomatoes
- 28 oz can diced tomatoes



- 3 cloves garlic, minced
- 1 pinch crushed red pepper (optional)
- 12oz whole-wheat lasagna noodles
- 3 cups shredded part-skim mozzarella

DIRECTIONS

Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1 1/2 cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1 1/2 cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator. Put the lid on the slow cooker and cook on High for 2 hours. Turn off the slow cooker, sprinkle the reserved mozzarella on the lasagna, cover and let stand for 10 minutes to melt the cheese.

Source: <http://www.eatingwell.com/recipe/252492/slow-cooker-vegetarian-lasagna/>



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