**Holistic Care & Insurance**

At Five Point, private acupuncture and psychotherapy may be eligible for reimbursement from your health insurance. You pay for services as you go, then using your insurance company’s reimbursement process, get some of your money back! Unfortunately, community acupuncture isn’t eligible due to the regulations of the insurance companies. Luckily, it’s priced similarly to a co-pay. We also can’t help you get reimbursed for treatments from packages. Package discounts are designed to benefit people paying out of pocket to maintain accessibility of care. This process and following these guidelines keeps our prices lower at Five Point and has a higher chance of reimbursement for you.

1. Call your insurance company to confirm if the treatment you are interested in is covered by your insurance plan. There are a few important clarifying questions:
   1. “How many of this treatment is covered?” (Some companies will only cover a specific number of treatments)
   2. “Is this treatment covered when performed by a licensed acupuncturist/licensed clinical professional counselor/massage therapist, etc?” (Some companies restrict which types of practitioners are covered)
   3. “What percentage of treatment cost can I expect to be reimbursed?”
   4. “What is the process for getting reimbursed for out-of-pocket payments?”
2. Let your practitioner know you have insurance coverage, and we will provide what’s called a super-bill (a thorough accounting of the treatments/payments to Five Point). Using your company’s reimbursement process, you may be reimbursed for some or all of what you’ve spent at Five Point. We provide super-bills once per month, providing a batch at a time.
3. We also recommend brushing up on the ins and outs of how health insurance works! It is incredibly complicated and it will benefit you in the long run to know the rules.
   1. We recommend http://health.howstuffworks.com/health-insurance/health-insurance.htm for a really thorough explanation.