

# DIRECT PAY VS. INSURANCE

Healthcare costs can be confusing, but we are here to help you make the decision that is best for you! Our **3 Step Process** helps you understand one big difference between the insurance-based model and cash-based physical therapy.

**Step 1: Get out of Pain.** Our Doctor of Physical Therapy will prioritize understanding your immediate needs and work fast to relieve your pain.

**Step 2: Find the Root Cause.** After the pain has been calmed, the next step is to identify why it happened and how it can be resolved.

**Step 3: Prevent** from reoccurring so that you can control the chance of the pain ever coming back. Along with education, Step 3 also consists of **performance** techniques and tips that help you excel and perform pain free at the activities you love doing.

MAIN FEATURE COMPARISON	Cash Designed	Insurance Dictated
Step 1: Get Out of Pain	✓	✓
Step 2: Find The Root Cause	✓	✓
Step 3: Prevent and Perform	✓	✗
Referral Required	✗	Maybe
Treatment sessions per week	1	2
Time Spent With Therapist	60 min	30 min
Capable of Achieving Functional Goals	✓	✗
Capable of Achieving Performance Goals	✓	✗
Dry Needling Included	✓	Maybe
Typical Treatment Plan	8 Sessions 8 weeks \$1360	12 Sessions 6 weeks ~\$1700
Counts Toward Deductible	✗	✓

Hopefully the answer is clear, that direct pay can be more cost effective and is always the best way to to reach your performance goals. Call us today to get started!

visit [www.curaorthopt.com](http://www.curaorthopt.com) to find out more

