

# Revolution Health Center's Frequently Asked Questions



Revolution is proud to be a BBB accredited business with an A+ rating since 2008.

## 1. What happens when I get there?

Part 1: Intake, examination and testing.

Upon arrival you will complete any necessary paperwork, followed by a brief tour of our facility. You will then meet with the doctor, be evaluated and receive any necessary testing. This will help the doctor determine your level of function, the condition of your spine and clarify the root cause of your health concerns. Following part one of your visit, you will be scheduled for part two, a follow up orientation time and meeting with the doctor to discuss your results, recommendations and finalize a treatment plan. **Please allow 60 minutes for this appointment.**

Part 2: Orientation, review and recommendations.

Your follow-up visit will be scheduled promptly following your first visit. The doctor will have organized your case and formulated a treatment plan specifically for you. This visit is intended to give you greater clarity into your condition and specify how we can help you achieve your desired health goals. You will meet with the doctor and review your results and treatment recommendations. **Plan on 2 hours for this appointment.**

## 2. Do you take insurance?

We are a non-participating, or “Out of Network” provider and we do not directly bill insurance. However, **we will verify your insurance coverage for you and we will provide you with an itemized receipt for reimbursement for services rendered**. In other words, if applicable, your insurance will directly reimburse you for any covered services provided at our clinic. We do accept payment via HSA, HRA or Flex Spending Accounts that many insurance plans include. Reference FAQ3 for more info.

## 3. When will I know the total cost?

You will know the exact costs **before** incurring any bill. While we cannot determine your actual cost until after a proper evaluation and the doctor completes a treatment plan, at that time we will be clear and upfront about the cost. Our fees are very reasonable, especially in comparison with the traditional medical costs for treatments, and we work with you to find the best path to pay for your treatments.

#### 4. If you don't take my insurance, can I come to your office?

Yes. We have a thriving practice. We follow a direct primary care model to keep our expenses low for our patients. Our fees and treatment plans are designed for both people with and without insurance. Our standard fees are very reasonable, lower than most insurance copays. The majority of insurances in TN offer minimal coverage for chiropractic services making it an out of pocket expense even for the insured patient. If you believe there will be some insurance reimbursement potential, we will give you an itemized receipt that you may submit to your insurance provider for reimbursement. We have patients who go this route successfully and can help you with any other questions regarding this issue.

#### 5. Are you going to want me to sign a contract?

No contracts. We offer membership plans, enabling you to purchase a package of treatments to meet your specific need. We will discuss your options following the results acquired upon your initial visit.

#### 6. How much are chiropractic adjustments?

\$45.00

#### 7. I've heard that once you go to a chiropractor you always have to go.

Many people choose to include regular chiropractic adjustments as part of living a healthy lifestyle. After experiencing the benefits of chiropractic adjustments many often desire to continue experiencing the benefits on an ongoing basis. We offer **lifestyle memberships** for those who desire to continue with regular chiropractic care.

#### 8. How often will I need to get an adjustment?

Frequency is determined by the condition of your spine and corresponding health issues, your goals and the recommendation of your doctor. Typically, people will begin with a higher frequency of adjustments, retraining the spine and muscles to adapt to the properly aligned position. As the spine corrects and is stabilized, the adjustment frequency reduces. Often people will come 3 or 4 treatments a week for several weeks initially and then reduce frequency when appropriate. Ultimately, the doctors recommendations will reflect whatever will ensure you achieve the best results. You will be able to discuss this specifically with the doctor at the appropriate time.

## 9. I'm nervous about getting adjusted.

We completely understand. Many of our patients felt this way initially but were able to overcome this apprehension. First, please understand you will not be adjusted until the proper clinical evaluation and testing has been completed and you and the doctor discuss your case and you decide to go ahead with the treatment. Second, realize that a chiropractic adjustment is a specific scientific intervention provided by a licensed physician. The adjustment has over a century of research confirming its safety and efficacy.

The adjustment is a gentle and specific alignment of the misaligned vertebra of your spine. Often the misalignment present is the root cause of your pain, discomfort or health condition, and why you've considered chiropractic care in the first place. As your spine is aligned and corrected you will feel like you have a new lease on life, at least that is what we constantly hear from our patients. Finally, there are several adjustment techniques we employ to ensure that we work successfully with all different body types. We are confident you will have a positive experience.

## 10. I live 60 miles away. I don't know if I can fit that into my schedule.

We care for many people from outside of our local Murfreesboro area. Our location is conveniently located just off interstate 24, which makes for easy access coming from any direction. Many people traveling from far away choose to utilize Revolution Health Center for treatment because of the excellent care and great results. Also, our clinic operates very efficiently, making it easy to get in and out on your adjustment days. Finally, we will help create a treatment schedule that works around your distance situation.

## 11. I'm on a fixed income.

Many people who utilize our clinic's services are on a fixed income. We understand your concern and want to make it work for you. Following your evaluation and meeting with the doctor, we will meet with you and review the exact cost and discuss payment options. We want you to have peace of mind while receiving the health care service that you need.

## 12. What forms of payment do you accept?

Health Savings Account (HSA) Flex Spending Account (FSA) Health Reimbursement Account (HRA) All major credit cards. Cash. Check. Debit. \*Financing is available.