



### How Do I Check My Insurance Benefits?

**Patient Name:** \_\_\_\_\_

**Insurance Company:** \_\_\_\_\_

**Insurance ID#** \_\_\_\_\_

Our office will happily bill Harvard Pilgrim, Cigna or individual Anthem plans for your visit; however, it is the patient's responsibility to be aware of his/her coverage and co-pay, as well as any deductible and maximums. Please follow steps 1-6 when calling to find out benefits and eligibility.

First, call the number on your insurance card listed for customer service, benefits and eligibility, or subscriber services and ask the representative the following questions:

1. When did my coverage begin and when is it valid through?  
**Beginning date of coverage:** \_\_\_\_\_ **Ending date of coverage:** \_\_\_\_\_
2. Do I need a referral from my primary care physician (PCP) for naturopathic services?  
(Naturopathic services may be included within or listed as 'alternative services' or 'specialist.')
- \_\_\_\_\_ **Yes** \_\_\_\_\_ **No**
3. What are my benefits for naturopathic services?  
**Covered %:** \_\_\_\_\_  
**CoPay: \$** \_\_\_\_\_ **or CoInsurance %:** \_\_\_\_\_  
**Year Maximum:** \_\_\_\_\_
4. What is my deductible for the year and has any or all of it been met?  
**Deductible: \$** \_\_\_\_\_ **Deductible met so far: \$** \_\_\_\_\_ **Date:** \_\_\_\_\_
5. What was the name of the representative I spoke with: \_\_\_\_\_ **Date:** \_\_\_\_\_

I \_\_\_\_\_ filled out the above with the help of an insurance professional and the information is accurate to the best of my ability.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**\*Please bring this form with you to your appointment.** If you have trouble getting this information please contact us.