



Insurance Benefits FAQs

To better understand your benefits Ummelina has compiled a list of frequently asked questions and general questions to ask your insurance company. These should help clarify your benefits and what to expect from your experience at Ummelina.

Also, don't forget that you can always add on an Ummelina Spa Ritual (shower and footbath) to make it a true Ummelina Ritual for \$20

Please call your insurance provider for the following information before your next Medical Massage at Ummelina.

Bring the completed form with you to your next massage along with your insurance card and prescription; if you have not already submitted it.

1. Do I have massage therapy coverage? _____ Yes _____ No
2. Deductible: How much is my annual deductible for massage therapy? \$ _____
3. Is my deductible met for the year? _____ Yes _____ No
4. Copay: How much is my copay per office visit? \$ _____
5. Co-insurance: What is my co-insurance percentage? _____ %
6. What date is my insurance effective? _____
7. Are my benefits per calendar year? _____ Yes _____ No
8. How many massage therapy visits are covered per calendar year? _____
9. Do I have to have prior authorization or a referral before getting Medical Massage? _____ Yes
_____ No
10. Have you submitted your prescription to Ummelina? _____ Yes