

# premera blue cross massage therapy

**premera blue cross massage therapy** is an increasingly popular benefit offered to members seeking alternative and complementary health treatments. This article explores the coverage options, benefits, and guidelines associated with Premera Blue Cross massage therapy plans. Understanding how Premera Blue Cross integrates massage therapy into its health benefits can assist members in maximizing their wellness and managing chronic pain, stress, and musculoskeletal issues. From eligibility criteria to the types of massage therapy covered, this article provides a comprehensive overview designed to clarify the role of massage therapy within Premera Blue Cross insurance plans. Additionally, practical advice on how to access massage therapy services through Premera Blue Cross and information on the potential cost savings are included. The following sections will detail the specifics of coverage, provider requirements, claim procedures, and frequently asked questions related to Premera Blue Cross massage therapy.

- Overview of Premera Blue Cross Massage Therapy Coverage
- Types of Massage Therapy Covered
- Eligibility and Provider Requirements
- How to Access Massage Therapy Services
- Costs, Claims, and Reimbursement Process
- Benefits of Massage Therapy under Premera Blue Cross
- Frequently Asked Questions about Premera Blue Cross Massage Therapy

## Overview of Premera Blue Cross Massage Therapy Coverage

Premera Blue Cross offers massage therapy coverage as part of certain health insurance plans designed to support holistic health and pain management. Coverage details can vary depending on the specific plan and policyholder's location, but generally, eligible members may receive partial or full reimbursement for massage therapy sessions when performed by licensed professionals. Premera Blue Cross recognizes massage therapy as a therapeutic service that can complement traditional medical treatments, particularly for conditions such as chronic pain, injury recovery, and stress-related ailments. Policies often require that massage therapy be prescribed or recommended by a licensed healthcare provider to qualify for coverage. This

integration ensures that massage therapy is used appropriately within a medically supervised treatment plan.

## **Scope of Coverage**

Massage therapy coverage through Premera Blue Cross typically includes a defined number of sessions annually or per condition. Some plans cover massage therapy as part of physical therapy benefits, while others may offer it under alternative or complementary health services. The scope may include modalities such as therapeutic massage, myofascial release, and other recognized manual therapies aimed at improving musculoskeletal function and reducing pain.

## **Limitations and Exclusions**

It is important to understand the limitations that may apply to massage therapy coverage. Some plans exclude massage therapy for purely relaxation or cosmetic purposes. Additionally, there may be annual caps, co-payments, or deductibles that affect out-of-pocket costs. Premera Blue Cross policies often exclude massage therapy provided by unlicensed practitioners or outside approved networks.

## **Types of Massage Therapy Covered**

Premera Blue Cross typically covers massage therapy techniques that have demonstrated therapeutic value and are performed by credentialed therapists. The covered types of massage therapy vary depending on the treatment goals and member's medical condition.

### **Therapeutic Massage**

Therapeutic massage focuses on alleviating pain, enhancing circulation, and promoting tissue healing. Techniques such as deep tissue massage, trigger point therapy, and neuromuscular therapy are commonly included. These approaches are effective for treating musculoskeletal injuries, chronic pain syndromes, and post-surgical rehabilitation.

### **Myofascial Release**

Myofascial release, a specialized technique aimed at relieving tension in the connective tissues, is often covered when prescribed by a healthcare provider. This method can improve mobility and reduce discomfort in patients with fibromyalgia, chronic headaches, and other soft tissue dysfunctions.

## **Other Manual Therapies**

Depending on the plan, Premera Blue Cross may also cover other evidence-based manual therapies such as lymphatic drainage and sports massage, especially when these treatments are part of a comprehensive care plan.

## **Eligibility and Provider Requirements**

Eligibility for massage therapy coverage under Premera Blue Cross depends on the member's plan type and medical necessity as determined by a licensed provider. Understanding provider requirements is critical to ensure claims are processed successfully.

## **Member Eligibility**

Members must verify their specific insurance plan benefits to confirm massage therapy coverage. Premera Blue Cross often requires that massage therapy be medically necessary and prescribed or referred by a primary care physician, chiropractor, or specialist. Some plans restrict coverage to treatment of specific diagnoses, such as musculoskeletal injuries or chronic pain conditions.

## **Licensed Massage Therapists**

To qualify for coverage, massage therapy services must be provided by licensed or certified massage therapists who meet state regulatory requirements. Premera Blue Cross may require providers to be in-network or pre-approved to receive direct payment. Out-of-network services might be reimbursable but usually at a lower rate.

## **Documentation and Authorization**

Proper documentation, including treatment plans and progress notes, is typically required when submitting claims. Premera Blue Cross may also require prior authorization for extended or ongoing massage therapy treatments to ensure compliance with policy guidelines.

## **How to Access Massage Therapy Services**

Accessing massage therapy under Premera Blue Cross involves several steps designed to streamline care and maximize benefits.

## **Consultation with Healthcare Provider**

The first step is to consult with a healthcare provider who can evaluate the condition and determine if massage therapy is an appropriate treatment. The provider can then issue a referral or prescription, which is often necessary for insurance coverage.

## **Choosing a Licensed Therapist**

Members should select a licensed massage therapist who participates in the Premera Blue Cross network or meets the insurer's credentialing criteria. Verifying provider participation ensures smoother claim processing and reduced out-of-pocket expenses.

## **Scheduling and Treatment**

Once the referral is obtained and the provider chosen, members can schedule massage therapy sessions. It is advisable to confirm coverage details and any required pre-authorizations with Premera Blue Cross prior to initiating treatment.

## **Costs, Claims, and Reimbursement Process**

Understanding the financial aspects related to Premera Blue Cross massage therapy coverage helps members manage their expenses effectively.

### **Cost Sharing and Copayments**

Depending on the plan, members may be responsible for copayments, coinsurance, or deductibles related to massage therapy. These costs vary and should be reviewed in the member's insurance policy documents.

### **Submitting Claims**

Claims for massage therapy services must be submitted with appropriate documentation, including provider information, treatment codes, and the referring provider's prescription. Some providers submit claims directly to Premera Blue Cross, while in other cases, members may need to submit claims themselves.

### **Reimbursement Timelines**

After claim submission, reimbursement processing times can vary. Premera Blue

Cross generally provides explanations of benefits (EOB) detailing covered amounts and any member liability. Keeping detailed records of sessions and payments is recommended for accuracy and dispute resolution.

- Verify coverage and benefits before treatment
- Confirm provider licensing and network participation
- Obtain necessary referrals or prescriptions
- Keep copies of all documentation and receipts
- Submit claims promptly with complete information

## **Benefits of Massage Therapy under Premera Blue Cross**

Massage therapy offers numerous health benefits that align with the goals of Premera Blue Cross coverage, including pain relief, improved circulation, and stress reduction.

### **Chronic Pain Management**

Massage therapy is an effective non-pharmacologic option for managing chronic pain conditions such as arthritis, lower back pain, and fibromyalgia. Coverage by Premera Blue Cross facilitates access to this beneficial treatment modality.

### **Improved Physical Function**

Regular massage therapy can enhance mobility, reduce muscle stiffness, and support rehabilitation after injuries or surgeries. Premera Blue Cross coverage encourages patients to incorporate massage into their recovery plans.

### **Stress Reduction and Mental Health**

Massage therapy also contributes to lowering stress hormones and promoting relaxation, which can improve overall mental well-being. Including massage therapy as a covered benefit supports holistic health approaches endorsed by Premera Blue Cross.

# **Frequently Asked Questions about Premera Blue Cross Massage Therapy**

Members often have common questions regarding coverage and procedures for massage therapy benefits under Premera Blue Cross plans.

## **Is massage therapy covered for all Premera Blue Cross plans?**

Coverage varies by plan type and location. Members should review their specific policy or contact Premera Blue Cross customer service to confirm eligibility.

## **Do I need a referral to get massage therapy covered?**

Most plans require a referral or prescription from a licensed healthcare provider to establish medical necessity for coverage.

## **Can I see any massage therapist or only those in-network?**

Using in-network providers typically results in lower out-of-pocket costs. Out-of-network services may be covered partially or not at all, depending on the plan.

## **How many massage therapy sessions are covered annually?**

Session limits differ by plan and condition. Premera Blue Cross often sets an annual cap or limits coverage to a specific number of sessions per diagnosis.

## **What documentation is needed for claims?**

Claims require detailed invoices, provider credentials, treatment codes, and documentation of medical necessity from the referring provider.

## **Frequently Asked Questions**

## **Does Premera Blue Cross cover massage therapy?**

Premera Blue Cross may cover massage therapy if it is deemed medically necessary and prescribed by a healthcare provider. Coverage details can vary depending on your specific plan.

## **How can I find massage therapists covered by Premera Blue Cross?**

You can find in-network massage therapists by logging into your Premera Blue Cross member account and using their provider directory or by contacting customer service for assistance.

## **What conditions qualify for massage therapy coverage under Premera Blue Cross?**

Conditions such as chronic pain, injury rehabilitation, fibromyalgia, and certain musculoskeletal disorders may qualify for massage therapy coverage if prescribed by a physician and considered medically necessary.

## **Are there limits on the number of massage therapy sessions covered by Premera Blue Cross?**

Yes, many Premera Blue Cross plans have limits on the number of massage therapy sessions covered per year or per condition. It's important to check your specific plan benefits for exact limits.

## **Do I need a referral to see a massage therapist with Premera Blue Cross coverage?**

Some Premera Blue Cross plans require a referral or prescription from a primary care physician or specialist to cover massage therapy services. Verify your plan requirements before scheduling treatment.

## **How do I submit a claim for massage therapy services to Premera Blue Cross?**

If your massage therapist is out-of-network, you may need to submit a claim to Premera Blue Cross by completing a claim form and providing itemized receipts. In-network providers typically handle claims submission directly.

## **Additional Resources**

1. *Healing Hands: The Role of Massage Therapy in Premera Blue Cross Coverage*  
This book explores how Premera Blue Cross integrates massage therapy into their health plans. It provides an overview of the benefits of massage

therapy for various medical conditions and explains the insurance coverage criteria. Readers will gain insights into how to maximize their benefits for therapeutic massage services.

## *2. Understanding Premera Blue Cross Benefits for Massage Therapy*

A comprehensive guide that breaks down the specifics of massage therapy coverage under Premera Blue Cross insurance plans. It covers eligibility, required documentation, and the claims process. This book is ideal for patients and practitioners seeking clarity on insurance procedures.

## *3. Massage Therapy and Insurance: Navigating Premera Blue Cross Policies*

This title offers practical advice for massage therapists and policyholders on navigating Premera Blue Cross policies related to massage therapy. It discusses billing codes, reimbursement rates, and policy updates. The book also includes case studies highlighting common challenges and solutions.

## *4. Premera Blue Cross and Integrative Health: The Emerging Role of Massage Therapy*

Focusing on integrative health approaches, this book shows how Premera Blue Cross supports complementary therapies like massage. It examines clinical research backing massage therapy's effectiveness and how insurance coverage reflects this trend. Healthcare professionals will find valuable information on collaborative care models.

## *5. The Patient's Guide to Massage Therapy Coverage with Premera Blue Cross*

Designed for patients, this guide demystifies the process of obtaining massage therapy benefits through Premera Blue Cross. It explains how to check plan details, find in-network providers, and submit claims. The book also offers tips to avoid common pitfalls and ensure smooth reimbursement.

## *6. Massage Therapy Billing and Coding for Premera Blue Cross*

A technical manual for massage therapists and billing specialists, this book details the correct billing and coding procedures specific to Premera Blue Cross plans. It includes updated CPT codes, modifiers, and documentation requirements to facilitate accurate claims. The resource helps reduce claim denials and improves payment turnaround.

## *7. Premera Blue Cross Policy Updates: What Massage Therapists Need to Know*

This book keeps massage therapists informed about the latest Premera Blue Cross policy changes affecting massage therapy coverage. It highlights new guidelines, coverage limits, and procedural modifications. Staying current with these updates ensures compliance and optimal patient care.

## *8. Integrating Massage Therapy into Premera Blue Cross Wellness Programs*

Exploring wellness initiatives, this book discusses how massage therapy is incorporated into Premera Blue Cross wellness and preventive care programs. It outlines program benefits, participant eligibility, and success stories. Wellness coordinators and healthcare providers will find strategies to enhance patient outcomes.

## *9. Case Studies in Massage Therapy Insurance Claims with Premera Blue Cross*



Through real-world examples, this book analyzes various massage therapy insurance claims submitted to Premera Blue Cross. It identifies common issues, successful strategies, and lessons learned. Both therapists and insured individuals can benefit from these practical insights to streamline future claims.

## **Premera Blue Cross Massage Therapy**

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**premera blue cross massage therapy: *Massage Clinic 101*** Lorette Scrimgeour, 2014-01-06  
This business manual provides a step by step guide to creating a successful medical massage clinic. The author's depth of knowledge and personal experience offers practical information and invaluable insights. Topics include site selection, tax structure, staffing, medical billing, patient processing, marketing, and much, much more. Patient forms contained in the book may be used by the purchaser in their own clinic. Downloadable forms are available on the website [massageclinic101.com](http://massageclinic101.com). The outlook for Medical Massage Therapy is very good. Never in the history of the profession have more people been aware of the health benefits of massage therapy. This opens the door to all entrepreneurs who are looking for an interesting, rewarding, and profitable business.

**premera blue cross massage therapy: Integrating Complementary Medicine Into Health Systems** Nancy Faass, 2001 Comprehensive and in-depth guide provides the expertise of more than 100 of the nation's top professionals.

**premera blue cross massage therapy: Medical and Health Information Directory, Vol. 1** Gale, Gale Group, 2004-09

**premera blue cross massage therapy: *Alternative & Complementary Therapies*** , 2000

**premera blue cross massage therapy: IEG Sponsorship Sourcebook** , 2005

**premera blue cross massage therapy: Rehabilitation Sourcebook** Dawn D. Matthews, 2000  
Resource added for the Physical Therapist Assistant program 105241.

**premera blue cross massage therapy: Public Hearing Before New Jersey Legislative Commission for the Study of Pain Management Policy** New Jersey. Legislative Commission for the Study of Pain Management Policy, 1998

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