



NEW PATIENT INSTRUCTIONS

Welcome!

I am honored you have chosen me to assist you in reaching your goals and will do my best to provide the highest level of care.

I believe you are capable of being your own physical therapist once given the proper guidance and instruction. Most of your progress will be made in what you do everyday, not within your appointments. I will teach you how to do everything I do and really put your own health into your hands. I hope that you are empowered by this process and optimistic that you will feel better soon. I look forward to working with you!

-Jenny

INSTRUCTIONS UPON ARRIVAL



**1001 Delaware Ave
Santa Cruz CA 95060**



The gym is located at my residence, behind the garage. Upon arrival, please park on the street. You will be entering through the gate in the tall fence at the top of the driveway by the garage door.

Please wait in or by your car and I will come get you at the time of your appointment. Please do not go to the front door of the house.

FOR VIRTUAL APPOINTMENTS:

you will receive an email with the link to join the video visit. Click on this link at the time and day of your appointment.

IF YOU HAVE ANY TROUBLES, TEXT ME AT 831-227-4331



PAYMENT INFO

Physical Therapy Evaluation (65 min) - \$240

Physical Therapy Follow-Up (50 min) - \$180

I accept all forms of payment.

I do not accept insurance for physical therapy services. If you have a PPO and physical therapy is covered, you may be able to seek reimbursement from your insurance provider. If you wish to do so, I will send you a superbill at the end of each month.

IF YOU HAVE MEDICARE

You will be required to sign a form (ABN) agreeing not to submit charges to Medicare and requesting that I do not. Because Medicare does not cover the care methods, treatment duration, diagnoses treated, chronic issues, visceral/neural mobilization, or wellness care, I have no relationship with Medicare.

Please let me know if you would like me to recommend a Medicare provider for you so you may utilize your benefits.

COVID PROTOCOL (SUBJECT TO CHANGE):

YOU ARE REQUIRED TO WEAR A MASK FOR THE ENTIRE DURATION OF YOUR APPOINTMENT. SHOULD YOU FORGET ONE OR DON'T HAVE ONE THAT PROPERLY COVERS YOUR NOSE AND MOUTH, A SURGICAL MASK IS PROVIDED. HAND SANITIZER IS AVAILABLE UPON ENTRY AND EXIT. PLEASE DRESS WARMLY AS I TRY TO KEEP THE DOOR OPEN TO MAINTAIN PROPER AIR CIRCULATION. ALL LATE CANCEL FEES WILL BE WAIVED FOR COVID-19 RELATED CANCELS SUCH AS NOT FEELING WELL, KNOWN EXPOSURE OR POSSIBLE EXPOSURE.

REQUIRED FORMS

Under documents, you will find the following forms to fill out online:

Consent to Evaluate and Treat
Physical Therapy Intake

Click on the title of the form to complete it. If you do not complete the forms in one sitting session, I suggest favoriting your login link. Each time you go to sign into your portal, you will need to enter your email and will be immediately sent another secure login link to access your portal.

ADDITIONAL FORMS

The following are also available in your patient portal to view and download:

Out-Of-Network Insurance Worksheet Advanced
Beneficiary Notice (ABN)
Notice of Privacy Practice (HIPPA)

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