

ABOUT YOUR BILLING STATEMENT

Typically, itemized statements are mailed monthly to patients. Insurance companies are billed weekly. We will file your insurance claim in most cases as a courtesy if we are provided with complete, timely and accurate information.

Please remember that you are liable for policy deductibles, co-pays, co-insurance and charges not covered by your policy.

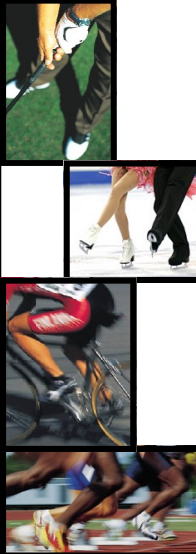
Insurance companies will generally respond between 30 to 60 days. If you have a balance due 90 days and older on your statement the balance is your responsibility. Should your insurance make a payment at a later date, you will be refunded the balance.

TIME OF SERVICE PAYMENT DISCOUNT

For all of our patients who have Chiropractic services and pay in full at the Time of Service and have a \$0 account balance, we are offering a TOS Discount. Currently, the **CHIROPRACTIC SERVICES DISCOUNT is 10%**.

We will **not** bill your insurance company for the services. (We will gladly provide a computerized receipt upon request. You may use this receipt to bill your insurance company.)

Office Hours:
Monday thru Friday
7:00am - 8:00pm
Saturday's 8:00am - 2:00pm
Massage Gift Certificates Available



Sports Chiropractic Physicians

Dr. Ted Forcum
Dr. Tamara Lovelace
Dr. Steve Hanson

Licensed Massage Therapist

Michael Collins, LMT*
Stefan Furst, LMT*
Molly Verschingel, LMT*
Melissa Rhines, LMT
Holley DeShaw, LMT*

Exercise Physiologist

Mike Boggs, BS, MBA, CSCS*
*Independent Contractors



TO HELP US BETTER SERVE YOU:

When making a chiropractic appointment, we ask that you inform us if we are scheduling a follow-up visit for a condition we have treated within the last six months. If you are scheduling an appointment and it has been over six months since we last treated you, or if you want to be seen for a new condition, please let us know as we will need to set aside 45 minutes to make sure we have enough time to examine you properly. Thank you for your understanding and cooperation.

BACK IN MOTION

SPORTS INJURIES CLINIC, LLC



March 2008

Newsletter



BACK IN MOTION
SPORTS INJURIES CLINIC, LLC
11385 SW Scholls Ferry Road
Beaverton, Oregon 97008



HANDS ON CARE OF SPORTS INJURIES



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A New Modality

Recent studies are continuing to find that many anti-inflammatory medications are creating serious and direct health

problems. At Back In Motion we are always striving to get the best results for our patients; a mantra that keeps us on the look out for modalities that can access pain and, most importantly decrease the time it takes to heal.

Many world champions and Olympic medalists from a variety of sports rely on MRS 2000 magnetic-resonance-



stimulation for medical and physiotherapeutic treatments. For optimization of endurance, they count predominantly on the natural treatment effects of the MRS 2000. However, not only athletes use these systems. Leisure and amateur sports people also benefit from the positive effects of MRS 2000 on each individual cell. The following observations and experiences in high performance and leisure sports have been reported:

- Improved regeneration and relaxation after training sessions
- Accelerates wound healing of sports injuries (bruises, sprains, muscle and tendon tears).
- Boosts endurance by improving oxygen supply to the tissue effecting regeneration indirectly.

We are currently holding trial sessions on a unit here at the clinic. If you are interested in participating in our trial process, please contact our staff.

Olympic Trials Highlight Dr. Hanson's Spring/Summer Events.

March is almost gone and spring is right around the corner. I am looking forward to several events to compete at and treat for this year.



The USTA tennis season is nearly half completed and our team will hopefully be playing deep into the play-offs again.



The X-Dog Events are in full swing and our office will be the title sponsor for the upcoming **Dirty Du Duathlon**, on March 30th at Hagg Lake. This is an event that guarantees the sight of mud mixed with **dog**-ged determination.

In addition, I'm excited about running in the **Red Lizard Summer Racing Series**. Team Red Lizard (TRL) is a non-profit running club based in the greater Portland area but with members across the Northwest including as far away as Everett and Yakima, Washington, and Boise, Idaho.



Spanning through June & July, I will be one of the team chiropractors working the **US Olympic trials in Eugene**. This country's most prestigious event is returning to Eugene where the roster for Team USA will be selected for the 2008 Olympic games in Beijing. It will be quite a privilege to work with such great athletes.

I'm sure there are other events I am leaving out, but needless to say the summer is sure to heat up and bring much excitement. See you at the races!

Billing Manager Advice



Melanie points out some important changes in your billing statement from our new electronic charting system.

Beginning January 2008, you will see more than one statement coming to you in the mail. The new system prints out separate statements per account. So if you have a cash account, a private insurance account and a motor vehicle accident account, you could receive three separate statements specific to each account.

The same situation applies when an accounts differ on types of care, i.e. chiropractic to massage. In addition to the new 2008 statements you will also continue to get old statements for visits prior to December 2007 until outstanding balances are resolved.

Misquoted by your insurance company?

Supply us with evidence by providing the date, the word-for-word quote you received and the person you spoke with. We will keep it for your records. Though a quote of benefits is never a guarantee of payment, we hope to provide any patterns that exist and encourage your insurance company to improve their verification and payment practices.

PBS to Film at Back In Motion

Thanks to an article written by Dr. Forcum in a multi-disciplinary online magazine "Spine Health", Japanese Public Broadcasting (JPB) is filming right her in our Greenway Park clinic during the first part of April. The film will investigate the management of low back pain with walking as a form of exercise and rehabilitation.

Professional Snowboarder Mark Schulz Praises Chiropractic care

As published in *To Your Health* February, 2008 (Vol. 02, Issue 02) Mark Schultz shares how chiropractic care has played a role in his career:

"Huge - chiropractic in general has kept me snowboarding longer than I ever should have been able to. Almost 15 years ago I was told I needed back surgery, but I found chiropractic. I was so lucky I did not go under the knife of a surgeon as I think this could have been the worst decision of my whole life. Not that some people don't benefit from surgery, but it was not for me.

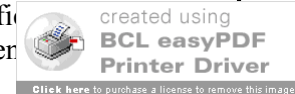
I spoke with several sports physicians, asking who they thought was the best chiro in the area. They told me about Dr. Ted Forcum. I would have to say out of 10 different chiros I have seen in my life, Dr. Forcum stands out. I believe he is one the best in the nation. There is no question I would not even be able to snowboard without chiropractic."

Back In Motion Welcomes Nicole Kayon



Nicole joins our staff as a Chiropractic Assistant, bringing office, clerical, and fitness Training experience. She has come in contact with both the well-trained as well as those who simply want a healthier life. "I enjoy learning how different modalities and treatment plans bring patients to a higher form of function."

Nicole has received her BS in Health, Wellness and Recreation with a minor in coaching. While at the University of Dubuque, she served as a student athletic trainer for the football team and holds a Personal Training certificate from the National Council of strength and conditioning.



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