



**ORTHOPEDIC
& TMJ
PHYSICAL
THERAPY
CENTER**

- TMJ/Jaw Disorders
- Headaches
- Painful Neck, Back & Extremities
- Coccyx/Tailbone Pain
- Posture/Ergonomics
- Stress management Skills
- Pregnancy Aches/Pains
- Urinary & Fecal Incontinence
- Pelvic Pain
 - Vaginismus
 - Vulvodynia
 - Interstitial Cystitis
 - Painful Intercourse

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hands-onhealthcare.com

9204 SE Mitchell Street
Portland, Oregon 97266

In Network Insurance Plans:

*Regence Blue Cross/BCBS/Out of state Blue Cross (excluding Silver PeaceHealth)

Bridgespan

*Cigna

*Healthcare Management Administrators (HMA) out of WA

First Choice Health*, Kaiser Added Choice through First Choice

*Health Net- No ND Rx's, has to be MD Auth, Centene Corporation Emp. Premier PPO,

Basic PPO and High deductible Health Plan PPO, Community Care, MC Advantage

MHN PPO

Medicare - Traditional & Advantage, but Providence only if plan has Out of Network Benefits

*MODA – Beacon, Connexus, Synergy, Affinity, Summit & Community Care networks

Out of network for OHSU + plan

*Multiplan (Private Health Care Systems)

OHSU Community Care, OHSU PPO (25 visits before auth)

*PacificSource Health Plans, EBMS, Legacy Health Plan, No TMJ coverage on any plan

*Prime Health Services PPO

ProAmerica (Multiplan)

Providence Health Plans – TMJ, PPO, and EPO only

UHC MC through South Tabor ONLY!

Worker's Compensation/Auto Insurance Claims:

CareMark for Workmans Comp. SAIF

Providence WC

Others

Out Of Network Insurance Plans (benefits may be available):

Aetna

First Health (Healthcare Direct, Coventry)

Great West

Integrated Health Plan

Kaiser Added Choice, no out of network benefits available with other Kaiser plans

Lifewise

Meritain

MODA – OHSU Employees, Rose City, and Cornerstone networks

Oregon Health Systems

Pacific Source - Legacy plus employee* only out-of-network

Principle Financial Group

PHA (Pacific Health Association)

Providence – Connective care plan

Three Rivers

UMR

United Health Care

Insurances we do not accept:

Champ VA

Triwest/Tricare

Molina

Trillium

Oregon State Medicaid

Providence Medicare

Please note that insurances accepted are subject to change.

*Plans with asterisks part of our NWRA contracts.