

## **YOUR OSTEOPATHIC PHYSICIAN AND YOU**

Osteopathic physicians (D.O.s) provide you with all the best that medicine has to offer. They can specialize in every recognized area of medicine from pediatrics to psychiatry to neurosurgery. However, their knowledge and use of the latest medical technology is complimented by their application of a hands-on diagnosis and treatment tool known as osteopathic manipulative treatment, also known as OMT. OMT is used to diagnose, treat, and even prevent illness or injury. When appropriate, OMT can be used in conjunction with, or in place of, medication or surgery.

## **THINGS YOU MIGHT NOT KNOW**

**Your DO can help you with lower back pain.**

- **DOs have a better understanding of the ways an injury or illness in one part of your body can affect another.**
- **Osteopathic manipulative treatment (OMT) is incorporated in the training and practice of an osteopathic physician.**
- **By combining OMT and all other medical procedures, your DO offers you the most comprehensive care available in medicine today.**
- **OMT encourages your body's natural tendency toward good health.**

## **YOUR HEALTH INSURANCE COVERAGE**

- Some health plans limit the number of spinal manipulations you might be eligible to receive as a paid benefit each year.
- If you have manipulation treatment for lower back pain somewhere else and then decide to come to your DO, the prior spinal manipulations might be counted against your benefit limitation. Your DO will not be able to give you all the treatment necessary as a covered benefit. You will be financially liable for spinal manipulations that exceed the limit.

## **WHAT YOU CAN DO**

(Always ask your DO about osteopathic manipulative treatment before consulting with another medical professional. Your DO is the best person qualified to help you.)

- Review your health insurance coverage information carefully to see if you have a limitation on spinal manipulation treatment.
- If you have questions about your health insurance coverage, ask your employee benefits manager to explain.