



## 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 S.E Mitchell Street*  
*Portland, Oregon 97266*

### Accepted insurance plans:

Regence Blue Cross/BCBSO/Out of state Blue Cross  
Bridgespan  
CareMark Workman's Comp. SAIF - Auth generally  
Cigna  
Healthcare Management Administrators (HMA) out of WA  
First Choice Health  
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  
MHN PPO  
Medicare – Traditional & Advantage, but Providence only if plan has Out of Network Benefits  
MODA – Beacon & Connexus Networks, Medicare Advantage, Synergy Network – SEE LIST BELOW  
Multiplan (Private Health Care Systems), OHUS PPO  
PacificSource Health Plans, EBMS, No TMJ coverage, Legacy Health Plan  
ProAmerica (Multiplan)  
Providence Health Plans – TMJ ONLY and PPO network  
Providence Workman's Comp any body part  
UHC MC through South Tabor ONLY  
**We accept many WORKER'S COMPENSATION PLANS and AUTO INSURANCE claim**

**We are out of network with the following. However, out-of-network may be available with your plan, please check with your insurance company.**

Aetna  
Champ VA/Triwest/Tricare  
First Health (Healthcare Direct, Coventry)  
Great West  
Integrated Health Plan  
Kaiser Added Choice  
Lifewise  
MODA – OHSU Employees, Rose City Network  
ODS (OHP, Medicare Advantage)  
Oregon Health Systems  
Pacific Source - Legacy plus employee only out of network  
Principle Financial Group  
Prime Health Services PPO  
PHA (Pacific Health Association)  
Providence – Connective care plan  
Three Rivers  
UMR  
United Health Care

### Insurance's we do not except:

DHS (OMAP, Oregon Health Plan, Care Oregon, Family Health, Family Care, Medicaid)

**Please note, that insurances accepted are subject to change. We also have a flat fee price available to patients who are not covered under any insurance.**