

## **WHAT TO EXPECT**

### **Initial Visit**

- Complete new patient forms to help the doctor understand your health history and current concerns.
- Consultation and thorough examination, including exam and digital x-rays, to determine if chiropractic care is right for you.
- Review of exam and X-ray findings, discuss any necessary referrals.
- Personalized treatment plan tailored to your goals.
- Time for questions and to make sure you understand your condition and options.
- Plan to spend about 1 hour for your initial appointment.

### **Ongoing Visits**

- Most follow-up visits take 20–30 minutes.
- If rehab is needed, expect 40–60 minutes.

### **Insurance and Payment**

- We accept most major insurance plans including BCBS Alabama, United Healthcare, Tricare, Medicare, auto/personal injury, and many more.
- For out-of-network plans, our fees may be lower than your co-pays.
- We accept Visa, MasterCard, Discover, American Express, cash, or check.
- CHUSA – the ChiroHealthUSA discount program - provides discounts on many of your chiropractic expenses. The program may be used by you and members of your immediate family.
- Flexible payment options available, including credit cards, checks, and affordable plans for high-deductible or uninsured patients.
- Call us to verify your coverage and discuss payment option at **(251) 343-9990**.