

## Achieve Success With Your Therapy!

We want you to succeed in achieving your therapy goals. There are a few things that you can do to help.

Don't miss therapy! As discussed previously, the VST Therapy requires three-four times a week for 2-4 months for Neuropathy patients and 6-10 weeks for Carpal Tunnel patients. Put your therapy dates and times on the calendar. You will receive a weekly reminder from us to help manage your schedule. We thank you in advance for being flexible if your "regular time" changes once in a while. Plan your vacations so that you will not miss your therapy times or wait until you have completed all your therapy.

### **We are counting on you being here!**

Every time we schedule a patient for therapy, we schedule a Therapist specifically for you. They come in just for your therapy time. So, you can understand that we must pass on a charge for a missed appointment, whether it is an emergency or not, because we have to pay your therapist.

This charge is \$60 paid by you, the patient, not Insurance or Medicare. If you call us 24 hours before your appointment, we can reschedule you and your OT. So let us know well in advance if you can't make it.

### **A Review of VST Therapy**

1. Therapy is done at the Scientific Therapy clinic and each session will last 1 hour. Being on time is very important. Come 10-15 minutes early and get settled in.
2. This treatment is painless, non-invasive and no drugs are involved. You simply sit in a chair & let the VST machine work.
3. Therapy will last for 2-4 months for Neuropathy patients and 6-10 weeks for Carpal Tunnel Syndrome patients.
4. Any pain, burning, or discomfort you currently feel WILL get worse during therapy. This is a great sign for success because it indicates your nerves are starting to heal. **DON'T** stop therapy when your pain increases. Instead be excited.
5. A total of 3-4 sessions are done each week. Times and availability may vary each week, but we will strive to keep your "regular time".
6. If success is achieved with the VST electrical stimulation therapy, most patients can eliminate neuropathy and/or pain medicine. ***BUT, patients should never stop taking the medicine on their own—consult your doctor.***
7. A recent published study shows the average patient feels 83% pain improvement and 87% overall improvement—this includes less pain, less nerve sensations, better sleep, improved balance, and more sensation in their feet or hands. Each time you come in, we will be asking you to describe your symptoms to evaluate your progress.

**How Much Does Therapy Cost?**

**MEDICARE with a supplement:**

Each session should be paid at 100% unless your deductible for Medicare or the supplement plan has not been met or for some reason your supplement doesn't pay the remaining balance every visit.

**MEDICARE without any insurance supplement:**

Payments of \$15 per visit will be required at each therapy session. After all the therapy is finished, we will settle the balance with a refund or small bill.

**Any COMMERCIAL Insurance:**

Depending on your coverage and deductible, you may be responsible for a co-pay, paid at each session. We recommend verifying deductibles, co-insurance, maximum visit requirements and co-pays prior to starting therapy.

**NO INSURANCE - CASH BASIS:**

Payments of \$60 per visit will be required at each therapy session.

**MISSED APPOINTMENT:**

Payments of \$60 per missed visit will be required for each therapy session missed without at least 24 hours notice.

**RETURNED CHECK:** A fee of \$30 will be charged for each returned check.

I understand the requirements, cost and conditions of the VST Therapy.

NAME \_\_\_\_\_ DATE: \_\_\_\_\_