



SUPERBILL INFO GUIDE

Veratrum Natural Medicine is a **cash-based, out-of-network practice**. You pay for your visit directly, but if your insurance plan offers **out-of-network benefits**, you may be able to submit a superbill and receive reimbursement directly from your insurance company.

What is a superbill?

A superbill is a detailed receipt containing the information your insurance company needs to process an out-of-network claim, including:

- Date and type of service
- Diagnosis codes
- Procedure/CPT codes
- Provider information
- Amount paid

Superbills are available by request at the end of your visit or later through the patient portal.

Before your first visit, call your insurance

Ask the member-services number on your insurance card:

“Do I have out-of-network benefits for naturopathic physician, acupuncture, or manual therapy services?”

Then ask:

- Do I have an out-of-network deductible?

- What percentage or amount do you reimburse?
- Are naturopathic physician services covered?
- Are acupuncture services covered?
- Is manual therapy covered?
- Do I need a referral or prior authorization?
- How do I submit an out-of-network claim?

Your insurance company can tell you exactly what your plan covers and how to submit your claim.

How it works

1. Have your visit.

You pay Veratrum directly at the time of service.

2. Request your superbill.

Request it at your visit or through the patient portal afterward.

3. Submit it to your insurance.

Follow your insurance company's process for out-of-network claims.

4. Get reimbursed.

If your plan provides coverage, your insurance company sends reimbursement **directly to you**.

Coverage and reimbursement vary by insurance plan. Veratrum does not bill insurance or determine what your insurance will reimburse.

Why is Veratrum cash-based?

Because your care shouldn't be dictated by an insurance company's rules.

Naturopathic medicine, acupuncture, and Fascial Counterstrain require substantial education, clinical training, and specialized continuing education. I have invested years of training and significant resources into developing this skill set.

Insurance reimbursement does not always reflect the time, training, or individualized nature of this type of care. A cash-based model allows me to build the practice around **the care you actually need—not around what an insurance company will authorize or reimburse.**

What does that mean for you?

More time.

Longer appointments and time to actually listen.

More individualized care.

Your treatment is based on your examination, goals, and response—not a standardized treatment plan.

Advanced manual therapy.

Fascial Counterstrain allows treatment to be highly specific and individualized.

A whole-person approach.

Naturopathic medicine, acupuncture, movement, lifestyle, and manual therapy can be integrated into one plan.

Fewer unnecessary visits.

The goal is not to keep you coming back indefinitely. The goal is to help you make meaningful progress and give you tools to maintain it.

The bottom line

You are investing directly in your healthcare rather than paying through an insurance-driven model.

And if your insurance offers out-of-network benefits, you may be able to recover part of that investment through reimbursement.

Restore function. Build resilience. Live fully.

Veratrum Natural Medicine