



Common Questions

1. Insurance reimbursement criteria

MET Insurance Reimbursement Criteria

1. The client has a written referral from a physician;
2. The client has received maximum benefit from physical therapy and/or chiropractic services;
3. The client is not covered by Medicaid, Medicare or a government funded health care coverage;
4. The client has sustained a severe injury requiring surgery or has long term limitations;
5. And the client has residual functional deficits limiting function.

If the client meets these five criteria, it significantly increases the possibility of obtaining insurance reimbursement. It is important that we to obtain a pre-authorization from the insurance company before beginning any MET services. Pre-authorization means we've outlined your program and the insurance carrier has agreed to reimburse you for your services. The preauthorization is essential if you are seeking reimbursement for MET services.

2. What is the average number of MET sessions most MET clients require?

- a. The number of sessions an MET client requires varies based on the severity of the condition, whether or not the client has undergone surgery, their age and level of health. So let's explore some of the common conditions and the number of sessions they generally need.
- b. The first is arthritis. In the early stages of MET an arthritic client will require 1-2 sessions per week. These initial sessions are designed to improve strength, flexibility, improve endurance, and reduce weight. As the client improves, the frequency is moved to 2-3 times per week. As the client's strength, flexibility, and endurance improve, he or she can tolerate a greater frequency and intensity of exercise.
- c. Lumbar clients generally need 2 times a week for the first 4-6 weeks. The program initially focuses on improving spinal stability and strength, cardiovascular endurance, lower extremity strength, as well as weight loss. After this initial period, a reassessment is performed and if the client is progressing well then the sessions can be increased to 3 times a week and the program intensity is increased. The lumbar client should be reassessed every 30 days and continue on with spinal stabilization, upper and lower extremity strengthening, and weight management.
- d. Total joint replacement clients normally require programs consisting of 2 sessions per week for 4-12 weeks. These programs focus on improving lower extremity strength, core strength, balance training and cardiovascular endurance, and for some clients, weight management programming, due to weight gain associated with the joint replacement.

- e. Hypertensive, diabetic, and obese clients require frequent exercise starting at 3 times per week. The exercise should include low intensity cardiovascular training, strength training, daily blood pressure monitoring and blood glucose self-assessment. A lifestyle management segment should be incorporated into the program for these clients.
- f. Clients with shoulder and knee conditions require 2 days per week for 8 to 12 weeks. If these clients have severe arthritic changes or have undergone surgery, longer programs may be required. The exercise programs should incorporate strength training, flexibility training, weight management programming and correction of postural and muscular imbalances.

3. What is your Prices

- a. Our one-on-one training sessions are available for medical exercise management in person and on-line. Cost varies depending on the program you are interested in and your condition(s). We will provide a payment package that will suit your medical exercise training needs and each package will be optimized towards your desired functional outcomes based on your medical condition(s).

- b. Small Group private training is also available for all 3 categories. For us, small groups consist of no more than 6 people. Our group fitness training classes range between \$30 – 50 /session packages. These sessions are provided on-line and in person.

- c. We offer a discount to those who pair up as a couple.