

April 9, 2026

To: Patients of the Center for Health

The constraints imposed by continuing to participate with Health Insurance Companies have become too much and I must make changes in my practice at the Center for Health.

Therefore, the following changes need to be made, beginning **May 1, 2026**:

- I will no longer participate with any insurance companies, including Medicare;
- I will be out of network for all insurance plans;
- I will continue to see patients and provide Osteopathic Manual Treatment, including Cranio-Sacral Treatment for the foreseeable future

I will ask for payment at the time of each office visit unless other arrangements are made (see below for fee schedule). I will generate a Superbill for each office visit which will detail the date, diagnosis codes, and office fee paid by the patient. My billing company, Integrity Medical Management Solutions, will submit the Superbill to your insurance company on your behalf. Please let us know if your address or insurance information changes so this process can work efficiently. If you have questions regarding what reimbursement your insurance plan provides, you will need to contact your insurance company.

Unfortunately, Jodi will have to shift to working part time at the Center for Health. Therefore, I will be much more involved in managing the office. I welcome phone calls or texts whenever you need to reach me. If I can answer, I will. Otherwise, please leave a message and I will return your call or text as soon as possible.

These changes will allow me to continue to practice and to open my practice to new patients. I will also be able to see patients at least 5 days a week, and am willing to accommodate weekend appointments as needed. I am not ready to retire and am excited about being able to continue to practice.

Office Fee Schedule – which will be a flat rate regardless of how many areas receive OMT:

- New patient: \$150.00 (this will be a 1 ½ hour appointment);
- Routine office visit for established patient: \$120.00 (this will be a 1 hour appointment)
- These fees could be paid from an HSA account for those who have one set up.

I will accept payment by cash, check, credit card, or Venmo.

Sincerely,

Sam P Copeland, DO