

PNN PREFERRED Network News

APRIL, 2010

CELEBRATE!

April is National Occupational Therapy Month!

There are many reasons we admire Occupational Therapists, and not the least of which are the creative and thought-provoking questions we are asked by students at the annual AOTA Conference, being held this year in Orlando, Florida.

For all their good work in a very wide variety of settings, we salute O.T.s across the county. We look forward to seeing many of our members in Orlando April 28 – 30! If you are attending the conference, please plan to visit us at Booth #1416.

CREDENTIALING: NO BIG DEAL?

Very Big Deal!

Many of you may be receiving “Credentialing Packets” from various health plans (see related article on page 2). We can hear the moans from Administrators! Credentialing is extremely important, but remember:

***PREFERRED Therapy Providers, Inc.** has delegated credentialing from all its contracted health plans.*

In order to maintain that important element of its business, much work and responsibility is involved from members of our staff, thus avoiding work that may be imposed upon you.

For new members of **PREFERRED**'s network, the process includes retrieving the therapist and clinic application forms, provisional approval of both professionals and clinic, verifying elements, Board approval and final acceptance. Our Credentialing Associate, Pam Carlton, has several years of experience in the verification process which requires time and a great deal of knowledge. Member processing falls into the capable hands of our Credentialing Coordinator, Christine Hemmele. These two ladies are also responsible for the preparation of documents and information for **PREFERRED**'s Credentialing Board members.

Our Credentialing Board meets monthly to review and approve new therapist applicants as well as the review and approval of renewing network therapists. As a quality component, the entire process allows us to understand the specific skill sets of network providers and be able to address and advocate issues of licensing concerns.

In most states, practitioner re-credentialing requirements are every three years; in some states every two years. At **PREFERRED**, practitioner re-credentialing occurs as required by the state, but facility recredentialing occurs annually.

As a reminder to those of you who may be applying on your own to different health plans outside of **PREFERRED**'s scope, a letter entitled “Member In Good Standing,” confirming that you have been credentialed through **PREFERRED**'s network, is available to accompany your application.

**PREFERRED IS
ON FACEBOOK**

BECOME A FAN!

**DO YOU WANT TO
SAVE MONEY FOR
YOUR PRACTICE?**

Provide a list of your top supplies you order and the price you are paying, and let us compare prices for you under our **PREFERRED Dynatronics vendor agreement!**

Call **PREFERRED** for more details...

What do you have to lose?

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FIRST PSPN EMAIL TO BE SENT TO NCYS

Special Thanks to:

- South County Physical Therapy
- SportsPros Physical Therapy/Personal Training Center
- Physical Therapy Solutions

As most of you know, PSPN is **PREFERRED**'s sub-network of physical and occupational therapy practices who offer Sports Enhancement/Injury Prevention services.

We recently polled our PSPN members for tips on Overuse of Muscles, Concussion Prevention or a Success Story, and created an informative email including submissions from Guillermo Escalante from SportsPros PT, Melissa Wall from South County PT, and Yvette Flores and Rene Abreu from Physical Therapy Solutions!

This email will be sent to all NCYS members on Tuesday, April 6th, 2010, and will hopefully be forwarded by them to their coaches, athletes and parents. This is a terrific way to bring publicity to your practice!

If you'd like to see a copy of the email that was sent, or for more information about PSPN, please contact Julie Jones at PSPN/**PREFERRED**: 1-877-360-PSPN.

Be on the lookout for the next NCYS Email Submission request for your chance to promote your practice!



CONFUSED BY DIRECT MAIL FROM PAYORS?

If you have received a letter or packet directly from a payor regarding contracting directly with them, or notifying you of changes to your contract, no worries...

Often, payors will send mass mailings to providers and inadvertently include practices that are already contracted with them through **PREFERRED**.

If you receive any collateral directly from a health-plan, and you believe you already have a contract with them through **PREFERRED**, please call us at 1-800-664-5240.

We'll be glad to review the paperwork you received and assist you in determining if the information applies to you.

CONTRACTS CORNER

By Anne Singer, Contracts Associate

PPONEXT-BEECH STREET INTEGRATION -

Beech Street and PPONext have been working towards integrating their networks, both are entities under the Viant umbrella. **PREFERRED** sent out a memo on March 17 2010 to inform you that at this time, the majority of the PPONext business has been transitioned. With few excep-

tions, the PPONext logo has been replaced by the Beech Street logo on patient benefit cards, and claims will be paid according to any existing Beech Street agreement.

With the integration almost complete, please be advised that in the next few weeks, PPONext will no longer appear as a separate agreement on the MCO Payor Grid you receive periodically from **PREFERRED**.

If you have any questions regarding the integration, or if you have claim issues relating to the PPONext/Beech Street integration, please contact Anne Singer, Contracts Associate @ 800.664.5240 or via email at asinger@preferredtherapy.com.

PHYSICAL THERAPY HELPS POSTNATAL DEPRESSION

For some women, the joy of having a baby is marred by postnatal depression, a form of clinical depression that can occur immediately after giving birth or even weeks to months later. Researchers have found that the risk of postnatal depression can be reduced in new mothers who participate in group physical therapy exercise.

The National Women's Health Information Center notes that 13 percent of pregnant women and new mothers experience depression. Although the exact causes are not known, it is generally believed that the significant change in hormone levels (e.g., progesterone, estrogen, thyroid hormones) that occur after delivery play a large role.

Other factors may be involved, including feeling overwhelmed with a new infant, lack of sleep, stress, unrealistic need to be a perfect mother, lack of free time, and feeling less attractive. Women who are also experiencing financial problems, lack of family or other social support, difficulties with their marriage or partner, other health problems, or who have a history of depression are also at risk for postnatal depression.

It is well established that exercise can improve mood and that in new mothers, it can reduce symptoms of postnatal depression. What has not been studied, however, is the impact of group physical therapy exercise on new mothers to both help prevent postnatal depression and improve their ability to care for their new infant.

This approach was evaluated in a new study conducted by researchers from the University of Melbourne in Australia. A total of 161 new mothers were randomly assigned to participate in a Mother & Baby (M&B) program, an education only group, or to a control group (no intervention). The intervention part of the study lasted eight weeks.

The 62 women in the M&B group engaged in 1 hour of exercise with their infants once a week. The activity was facilitated by a women's health physical therapist and was accompanied by 30 minutes of parenting education provided by health care professionals. The education-only group consisted of 73 women, and 26 women were assigned to the control group.

The women were evaluated using two scales: the Positive Affect

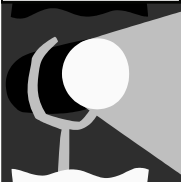
Balance Scale and the Edinburgh Postnatal Depression Scale. They also answered questions about how much exercise they had done each week during the study.

The women in the M&B group had significant improvement in depressive symptoms and well-being scores compared with the women in the education-only group, and these benefits extended for a full month beyond the end of the study. The investigators determined that the risk for postnatal depression by the end of the study was reduced by 50 percent as a result of the physical therapy exercise.

Mary P. Galea, BappSci, BA, PhD, professor of clinical physiotherapy in the School of Physiotherapy at the University of Melbourne, noted that new mothers go through many physical and emotional changes. She and her research team found that participation in a group physical therapy exercise program "can help mothers who may be at risk for PND [postnatal depression] improve their well-being and enable them to better care for their children." (Sources: *American Physical Therapy Association, National Women's Health Information Center*)

Vendor

Spotlight



NEW COURSE ALERT THROUGH DYNAMIC LEARNING

If you work in rehab, chances are good that you have some documentation responsibility. Are you sure you're as knowledgeable as you think you are? Even if you've had this responsibility for years, you may still find some ways you

can change your process to maximize your reimbursement dollars. Kate Brewer, PT, MBA, GCS, has presented nationally on documentation, coding and rehabilitation management. She has published two books on the subject, and

currently serves as a consultant to rehab professionals.

Visit <http://www.dynamic-online.com/home> for more information on this and other courses!



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WANT TO LOCK-IN YOUR ANNUAL RATE?

If you've been with **PREFERRED** for more than a year, and would like to "lock" in your annual fee so that it'll never increase during the duration of your contract, check out our Multiple Year Payment Plan (**MYPP**)! Call **PREFERRED** for more details...

***PREFERRED** Therapy Providers, Inc. is the largest specialty network of its kind, representing private practice physical, occupational and speech therapists throughout the country by contracting on their behalf with PPOs, Healthplans and Third Party Payors. Founded in 1992, **PREFERRED** continues to bring exceptional value to both the providers and the payors accessing the network's services.*

DID YOU KNOW?

In an effort to reduce costs to your clinic and free up your fax machine, **PREFERRED** now offers the **PREFERRED** Network News (PNN) via email. If you would like to receive PNN via email, please contact **PREFERRED** at 1-800-664-5240 or by email at: preferred@preferredtherapy.com. You can also read PNN by visiting www.preferredtherapy.com and clicking on **PREFERRED** Network News!

PREFERRED VENDOR NEWS

Don't forget your **PREFERRED** membership includes access to over 20 fine Vendors offering discounts from 5% to 45%. For a complete listing please visit the **PREFERRED** website at www.preferredtherapy.com and click on the vendor link under the Provider page. Have your **PREFERRED** membership number handy when placing your order to receive the discount.

DID YOU KNOW?

CURRENT INFO CAN DRIVE REFERRALS!

Have you added a service or specialty to your clinic? A new program? A new Therapist? New equipment? New website? **PREFERRED** often receives requests from Payors and Case Managers for assistance in placing a patient who requires a specific program or service. Keeping your profile up-to-date in our system and on our website is critical, and may very well help drive additional patients into your facility. Go to **PREFERRED**'s website at www.preferredtherapy.com and click on the "Therapy Locator Map" at the top of the screen. **Check your clinic's profile frequently**, and let us know of any changes or additions. Let us help you stay in plain sight!

QUOTE OF THE MONTH

"Good judgment comes from experience. Experience comes from bad judgment."

Author unknown

ON THE ROAD WITH PREFERRED. . .

TXANS	April 7-8, 2010 Austin, TX
American Speech, Language & Hearing Assoc.	April 24-25, 2010 Seattle, WA
AOTA 90th Annual Conference	April 29-May 1, 2010 Orlando, FL

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