Balance Center Physical Therapy

***Thank you for your interest in our* ONERO™ *osteoporosis management program*.**

The **ONERO™** program is a licensed, research-based program developed in Australia. All licensed clinics follow the same protocol, which includes **supervised, in-person progressive resistance training twice per week**. This specific frequency and intensity have been shown in research to help improve bone density.

Because the exercises involve **heavier resistance (higher loads)**, supervision is essential to ensure proper technique and **individual safety.**

ONERO™ Program Structure – Supervised by Physical Therapist licensed to provide Onero

- Small group sessions (3–5 participants)
- 1 hour per session
- Attend twice per week
- Cost: $30 per session
- Please note: The **ONERO™** program is considered group training and is **not covered by insurance**

Before Starting ONERO™

To ensure safety and the best outcomes, all participants begin with 1-on-1 Physical Therapy, usually covered by in-network insurance:

- A **Physical Therapy Evaluation**
- **2–6 one-on-one follow-up visits**, depending on your individual needs

These visits allow us to:

- Address any pre-existing conditions
- Teach proper exercise technique
- Prepare you for safe participation in the program
- The number of visits varies based on factors such as your T-scores, current fitness level, medical history, pre-existing conditions and prior exercise experience.

<u>Physical Therapy Costs & Insurance Coverage</u>

- **PT Evaluation: $140** **Follow-up visits: $80 each**

  We are **in-network** with:
  - Medicare, Medicaid, United Healthcare

  We are **out-of-network** with:
  - Kaiser, Humana, Anthem Blue Cross Blue Shield, Cigna, Aetna

***Out-of-network services require payment at the time of visit*.**

With an appropriate referral from your primary care provider, many patients are able to use their **in-network insurance** benefits for the Physical Therapy portion of care (not for the ongoing group sessions).

If you'd like, we can help you determine whether the **ONERO™** program is a good fit for you and guide you through the next steps. If the **ONERO™** program is not a good fit, we have other options that may work for you.

Please feel free to contact our office with any questions or to schedule your initial evaluation.

phone and text: (970) 492-5161 balancefortcollins@gmail.com