



Why is Dara Wellness and Physio an Out of Network Provider?

The short answer: We want to save you time and money and get you back to living your best life as soon as possible. Hassle free and with no hidden or surprise costs.

The long answer: We choose to operate as an out-of-network practice in order to provide you, the patient, with the highest quality care. We value your resources - time and money - as we know you do. The current healthcare climate is not one that places the consumer as the priority. More and more people are finding themselves with high co-pays and/or deductibles and insurance companies will often dictate the way in which an in-network physical therapist can provide treatment to you. Therapists get bogged down in excessive paperwork, physician referral processes, and pre-authorization requirements. So as insurance reimbursement decreases, in-network providers are forced to see more patients per hour, rely on aides and assistants to provide care, and often use unnecessary modalities.

As an out-of-network provider, Dara Wellness and Physio has the privilege to see you for a full hour each time you come in. This allows us to create a plan of care tailored specifically to you and your needs. Your goals become our goals and we create a partnership to get you back to the active lifestyle that you desire. We do this without someone at insurance headquarters telling us what is and isn't appropriate or when and how we can do it. This flexibility gives us the time and freedom to empower you to help yourself long term, and can be done in fewer visits than the typical PT model.

In addition, Colorado is a direct access state, which means that you can come to us for therapy without a physician referral. This will save you time in getting the treatment you need, as well as money for potentially unnecessary doctor visits and imaging. After evaluation, we can refer you to an appropriate physician if it is warranted. However, in most cases this won't be necessary.

Please contact us at lindsay@daraphysio.com or 970-306-6761 if you have more questions about this.