Outpatient rehabilitation —
A Blue Care Network benefit

Outpatient care
Blue Care Network members can get various types of outpatient rehabilitation to help recover from surgery, disease or injury. Treatment may include one or more of the following:

• Physical therapy
• Occupational therapy
• Speech therapy
• Physical medicine services provided by chiropractors
• Cardiac and pulmonary rehabilitation

Outpatient rehabilitation is covered when medically necessary. You must have a referral from your primary care physician, or PCP, for these services, and the services must be authorized by BCN.

Specialist care
Outpatient rehabilitation is provided by specialists. You’ll need a referral from your PCP to a treatment provider in BCN’s network.

Changing your primary care physician while a specialist is treating you may change your treatment authorization. Your treatment may not be covered until your new doctor authorizes it.

You can check out BCN specialists online at bcbsm.com/find-a-doctor.

Exclusions
Outpatient rehabilitation does not include coverage for the following services:

• Vocational rehabilitation
• Treatment during school vacations for children who would otherwise be able to receive therapy through their school or a public agency
• Treatment for chronic conditions
• Treatment for developmental impairment
• Speech therapy for the following:
  – Chronic conditions or congenital speech abnormalities
  – Learning disabilities
  – Deviant swallow or tongue thrust
  – Mild and moderate developmental speech or language disorders
  – Voice therapy in absence of vocal cord nodules or polyps
• Swallowing and feeding therapy for food aversions

Contract terms
Please note that outpatient rehabilitation coverage may vary by group and diagnosis.

• A copayment may be required for each covered visit.
• There may be treatment limits.

You can check your benefits online by logging in as a member at bcbsm.com.

Questions?
If you have questions, call the Customer Service number on the back of your ID card between 8 a.m. and 5:30 p.m. Monday through Friday.

The information included on this document does not apply to Medicare members.