

Direct Access



Did you know that you no longer need a prescription for physical therapy?

It's called **Direct Access**, and it empowers you to be your own healthcare advocate.

In Texas, patients may be evaluated and treated by a licensed physical therapist without a physician's prescription.* This means you can start treatment more quickly to restore your strength, regain your skills and reduce any pain.

Getting Physical Therapy first may help you:

- **Save Time**
- **Save Money**
- **Expedite Treatment**
- **Avoid Opioids**
- **Prevent Surgery**

Depending on your diagnosis, your Baylor Scott & White Institute for Rehabilitation Outpatient Therapy physical therapist may recommend that you follow up with a physician or other licensed healthcare professional.

*Some limitations may apply. Certain insurance plans or diagnoses may still require a prescription. Call today for more information.



You have the right to choose where you want to go.

If your physician does give you a referral, you are not obligated to receive physical therapy in any specific facility.

Baylor Scott & White Rehab offers the following recommendations to help you choose the right provider:

- Insist that your therapy be provided by a licensed physical, occupational or speech therapist. Baylor Scott & White Rehab's therapists are licensed by the state of Texas – and many hold advanced certifications.
- Find out if the center accepts your insurance. Baylor Scott & White Rehab participates with most insurance plans, which may help to minimize any out of pocket expenses.
- Ask if the center will submit your claims to your insurance company. Baylor Scott & White Rehab does this – and will also help you estimate any personal financial responsibilities.
- Check patient reviews and testimonials. Baylor Scott & White Rehab is proud to share the comments our patients provide.
- Learn what accreditations and other recognitions the center has earned. Baylor Scott & White Rehab is accredited by The Joint Commission, which ensures the highest level of quality and patient safety.

Remember – you are the most important member of your health care team and are free to choose the rehabilitation provider that can best help meet your goals.

For more information about
Direct Access:

[BSWRehab.com/Outpatient](https://www.bswrehab.com/outpatient)
888.722.9567



Baylor Scott & White
INSTITUTE FOR REHABILITATION
OUTPATIENT THERAPY

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