



LAURA MEIHOFFER

Diagnosis and Treatment Codes



LAURA MEIHOFFER

Table of Contents

Important Informationpage 2

Common ICD-10 Diagnosis Codespage 3

Common CPT Treatment Codespage 6

About Modifierspage 7

Conclusionpage 8



Important Information

Dr. Laura Mehofer's practice is out of network for all insurance plans including Medicare and Medicaid. In most cases, you can submit a claim to your insurance for reimbursement.

If your decision to move forward with Dr. Laura's services depends on the amount your insurance will reimburse you, please contact your insurance company for this information BEFORE confirming your appointment. You may be asked to provide ICD-10 diagnosis codes and/or CPT Treatment Codes to determine coverage.

The most common codes Dr. Laura uses are described in this document, however she may use other codes based on physical examination. To learn what services may or may not be covered by your insurance, please refer to the "Does My Insurance Cover My Care?" document located on the [Helpful Documents](#) page of Dr. Laura Mehofer's website.

Insurance companies are auditing constantly these days. Changing ICD-10 billing codes during treatment can raise a red flag and be investigated for insurance fraud. Dr. Laura will rarely change codes after they are established.

Therefore, it is your responsibility to communicate thoroughly with your insurance company to gain an understanding of which codes are covered. You must also communicate your needs with Dr. Mehofer before receiving services if necessary.

Dr. Mehofer cannot change your billing after your services.



About Diagnosis Codes

Please note: This is not an exhaustive list of all codes used by Dr. Mehofer. These are commonly used codes, but you may see codes on your billing that are not listed here. Be sure to check with your insurance which codes are eligible for reimbursement under your specific plan.

Common ICD-10 Diagnosis Codes

Prolapse

N81.9: Female genital prolapse, unspecified

K62.2: Anal prolapse

K62.3: Rectal prolapse

N81.89: Other female genital prolapse

N81.6: Rectocele

N81.10: Cystocele, unspecified

Bowel

K59.00: Constipation, unspecified

K58.1: Irritable bowel syndrome with constipation

R15.0: Incomplete defecation, fecal incontinence with incomplete defecation

R15.1: Fecal smearing, fecal soiling concurrent and due to fecal incontinence

R15.2: Fecal urgency, fecal incontinence with fecal urgency or urgent desire to stool

R15.9: Full incontinence of feces, alteration in bowel elimination

K59.09: Other constipation, chronic constipation

K59.02: Outlet dysfunction constipation

K59.01: Slow transit constipation

K58.9: Irritable bowel syndrome without diarrhea, bowel spasm, irritable bowel syndrome characterized by alternating bowel habit

Common ICD-10 Diagnosis Codes

Urinary

N39.498: Other specified urinary incontinence

R32: Unspecified urinary incontinence

N39.46: Mixed incontinence

N39.3: Stress incontinence

N39.492: Postural urinary incontinence

N39.491: Coital incontinence

R39.81: Urinary incontinence associated with cognitive impairment

R39.81: Functional Urinary Incontinence

N39.41: Urge incontinence

N39.42: Incontinence without sensory awareness

N39.43: Post-void dribbling

N39.490: Overflow incontinence

Back / Hip

M25.50: Pain in unspecific joint

M54.5: Low back pain

M53.3: Sacrococcygeal disorders, not elsewhere classified

Pelvic/Abdominal Pain

M25.50: Pain in unspecific joint

Other

M62.81: Muscle weakness (generalized)

M62.838: Other muscle spasm



Common CPT Treatment Codes

Please note: *This is not an exhaustive list of all codes used by Dr. Mehofer. These are commonly used codes, but you may see codes on your billing that are not listed here. Be sure to check with your insurance which codes are eligible for reimbursement under your specific plan.*

- 97163 – Physical Therapy Evaluation
- 97164 – Physical Therapy Re-evaluation
- 97110 – Therapeutic Exercise
- 97112 – Neuromuscular Re-education
- 97116 – Self Care / Home Management Training
- 97140 – Manual Therapy
- 97530 – Therapeutic Activity
- 97116 – Gait Training

Dr. Laura does not get creative with treatment codes to charge more. Every patient pays the same flat fee. Treatment code costs depend on if you pay session by session or if you opt for a package option. Please see the [cost page](#) on Dr. Laura's site for more details.

Some insurance companies request to see additional individual treatment codes. Keep the conversation open and transparent with them to understand what they require to get coverage.

For some additional guidance to help you understand your insurance coverage, please refer to the "Does My Insurance Cover My Care?" document located on the [Helpful Documents](#) page of Dr. Laura Mehofer's website.



About Modifiers

What are Modifiers?

Your billing may include a two-digit code called a modifier, which is attached to a CPT treatment code. These are added to your billing depending on the treatments used, who did them, and all sorts of other variables. They are used to ensure accuracy of billing by providing more information about the services provided.

These modifiers may be required by your insurance in order for you to be eligible for coverage in some cases. Be sure to ask your insurance about these modifiers.

Below is a list of some modifiers you may see on your billing. This list is NOT all-inclusive, but may give you an idea of what a modifier looks like:

- GP
- GO
- GN
- KX
- 59
- 96
- 97
- CQ
- CO
- GA
- GX
- GY
- GZ

In order to ensure you get the best coverage, it is essential that you gather all the information about your coverage from your insurance company, including modifiers, and discuss them with your physical therapist beforehand. **Dr. Mehofer cannot change your billing after your services.**



Conclusion

Dr. Mehofer understands how overwhelming this all can seem. That's exactly why she values transparency in her cost. She does not want you to feel overwhelmed or have a sense of analysis paralysis.

She's been through her own share of tough health care scenarios, and knows how it feels to navigate all these confusing insurance details, codes, superbills, etc.

Therefore, Dr. Mehofer wants you to feel empowered in your choice of where you receive therapy services. She wants you to be physically *and* financially healthy, and this is why she brings these conversations to the forefront—instead of allowing you to be surprised by a bill later.

Oftentimes, while it may be surprising, patients discover they have some form of out-of-network coverage—or HSA/FSA funds that they didn't even know could be used for physical therapy.

This is why being more prepared and educated on these difficult topics can often help you be more financially ready for the better quality of care that you need and deserve. Feel free to keep exploring the other information provided on the [Helpful Documents](#) page of Dr. Mehofer's site to continue learning about insurance, superbills, service costs, and more!