



WELCOME TO OUR

ISSUE 5

Newsletter

VOLUME 5

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Practice Update

We welcomed our newest provider, Dr. Lauren Williams, at the beginning of the year

We said goodbye to Dr. Vicent Diana, and wished him all the best!

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Feature Article

Chiropractic Medicare Coverage Modernization Act

Author: Dr. Lauren Williams

Are you a chiropractic patient that has coverage under Medicare?
Do you know what Medicare covers when you go to see the chiropractor?
Did you know about the Chiropractic Medicare Coverage Modernization Act?

As a recent graduate from chiropractic school and former member and National Vice Chair of the Student American Chiropractic Association, I have spent a lot of time diving deep into the coverage that Medicare offers, along with lobbying on Capitol Hill in Washington, DC the past three years fighting for Medicare patients to get access to full chiropractic care.

What does Medicare ACTUALLY cover?

“Medicare Part B (Medical Insurance) covers certain doctors’ services, outpatient care, medical supplies, and preventive services. However, for chiropractic services, it ONLY covers manual manipulation of the spine by a chiropractor to correct a vertebral subluxation (when the spinal joints fail to move properly, but the contact between the joints remains intact).” (1) Medicare doesn't cover other services or tests a chiropractor orders, including X-rays, initial exam costs (which every new patient needs), and other modalities that the chiropractor believes in necessary for care. “Medicare erratically limits seniors’ access to chiropractic services Since 1972, over 50 years, with no scientific or valid policy basis, which do not give the opportunity to access Medicare patients to full care, without paying out of pocket costs. Medicare policy is an unlevel playing field for chiropractors treating their patients. Chiropractors are currently not allowed to furnish existing covered Medicare services that fall within their scopes of practice to their patients. This artificial limitation restricts chiropractors from providing their patients a continuity of care as they age into Medicare, putting beneficiaries at a distinct health disadvantage.” (2) Beneficiaries seeking to obtain chiropractic care must first obtain certain services from another provider in order to have them covered by Medicare.

This requires the beneficiary to experience delays, inconveniences, and the added expense (copays, time, travel, etc.) of seeing a second provider when such visits are unnecessary. Overall, patients could face more costly or higher-risk procedures that often are unnecessary. Because Medicare’s chiropractic policy is stuck in 1970-era health policy, patients are, in effect, channeled to other providers whose standard treatment regimen may involve the use of drugs, spinal injections, or surgery for a range of spinal conditions.



What is the Chiropractic Medicare Coverage Modernization Act?

Chiropractic Medicare Coverage Modernization Act, H.R. 539 , S. 109 119th Congress, is bipartisan legislation that provides patient access to all Medicare-covered benefits that are allowed under a DC's license. It "will allow Medicare beneficiaries access to the chiropractic profession's broad-based, non-drug approach to pain management, which includes manual manipulation of the spine and extremities, evaluation and management services, diagnostic imaging and utilization of other non-drug approaches that have become an important strategy in national efforts to stem the epidemic of prescription opioid overuse and abuse. Providing access to chiropractic services in Medicare removes barriers to care, levels the playing field for providers, and supports beneficiaries". (2).

Basically, this bill will allow anyone who uses Medicare to gain access to services that all other insurances cover for chiropractic care. "The proposed legislative change to Medicare will remove artificial barriers that prevent Medicare patients from benefiting from the full range of safe, clinically effective treatments offered by doctors of chiropractic, and allow patients to access this widely recommended and cost-efficient care" (2).



I had the opportunity the past 3 years to go to Capitol Hill in Washington, DC during our annual ACA Engage Conference. While on Capitol Hill, I was able to have face to face conversations with our Districts congressmen and women to explain how important this bill is for Medicare patients' to be passed. I have experienced first hand, how challenging it is for patients' to receive chiropractic care, without breaking the bank. A lot of the times, I go through a new patient exam, explain the review of findings, and trial of care, and the first question I hear is, "What does Medicare cover?". I believe it is important to pass this bill, to not only give inclusivity to Medicare patients, but to also give patients the care they need and deserve.

Medicare. ACA Today. (2025, February 14). <https://www.acatoday.org/advocacy/medicare/>
Chiropractic services. Medicare. (n.d.). <https://www.medicare.gov/coverage/chiropractic-services>

Welcome Dr. Lauren Williams

Dr. Lauren Williams, originally from Scranton, PA, earned her Bachelor's degree from Marywood University and received her Doctorate of Chiropractic from Northeast College of Health Sciences. While in school, she served as the executive president of the Student Government Association and served as a vice chair for the Student American Chiropractic Association E-board.



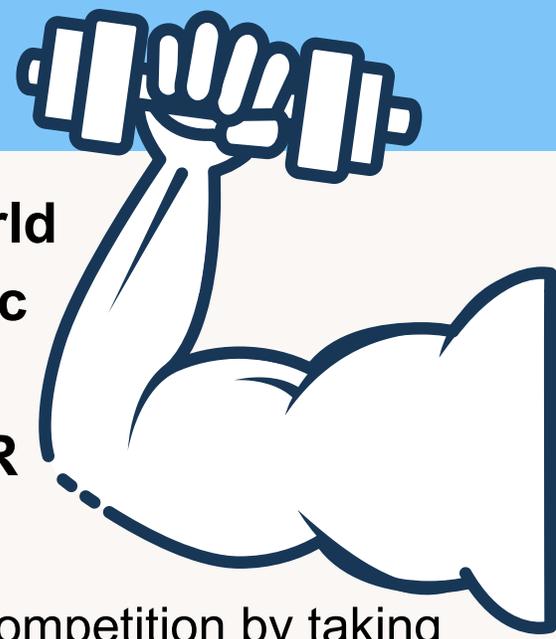
Hours:
Monday: 1:30-5:30
Wednesday-Friday: 8:30-5:30
Saturday: 8-11

She carries various certifications including: Selective functional movement assessment (SFMA), Advanced Sports Science and Human Performance, ConnectX myofascial release, Myo-Matrix myofascial release, and dynamic taping. Outside of the work place Dr. Williams enjoys spending time with her family and friends, reading, and playing with her dog, Skipper.

Schedule an appointment with Dr. Williams
Call our Allentown office today!

**Dr.
Dan Gavio**

**Arnold Masters World
Strongman Classic
Competition
3rd place WINNER**



In December, Dr. Gavio qualified for this competition by taking 1st place at the Strongman Corporation Masters Nationals in Fort Lauderdale

The Arnold World Strongman Classic Competition was held Feb 28-March 1st in Columbus, OH.

Dr. Gavio placed 3rd. Congratulations Dan!



Featured Exercise

Side Lying Hip Flexor Stretch



Difficulty: Moderate

Purpose: Stretching hip flexors.

Goals: Increase flexibility, improve range of motion and improves circulation to the anterior hip.

Nutrition Tid Bit

Vitamin C

With the weather changing from Winter to Spring, taking Vitamin C will be beneficial in helping reduce the length of seasonal sickness. Vitamin C helps support your immune system, promote respiratory function, and improve sinus and skin health.



New Year New Me Challenge

1st place :

Mary Geschel

CONGRATULATIONS



Mary lost 16 pounds
and 4 inches off of her
waistline through our
diet challenge!!!