

J2 Therapy and Wellness
46161 Westlake Drive, #330
Sterling VA 20165

April 13, 2023

In the past 18 months, J2 Therapy and Wellness has slowly become Jackie and Jennifer. It is with deep regret and thoughtful consideration that our practice finds it necessary to terminate our participation with your insurance companies. With continuing changes in reimbursement and other personal factors, "J2" will be temporarily closing starting June 16th.

But do not fret!

Jennifer Dicker (my second brain as a few of you have heard me describe her...) is branching out and has created "Back To You Physical Therapy" and will continue to treat patients **through the summer and beyond**. As all of you know I cannot recommend her highly enough- from her advanced certification in Dry Needling to her ocular therapy and pelvic floor treatments, she is an innovative amazing therapist that I have had the pleasure to work with for many years.

J2 Therapy and Wellness as a practice will continue with Jackie as the sole practitioner in October of this year. I will be a self pay practitioner and will continue to treat patients in the Sterling area. The J2 website will have all of the information for both Jennifer and myself should you still need our care.

The insurance companies affected include the following: Medicare, Tricare/ Humana, and all Blue Cross Blue Shield products to include Anthem and Carefirst programs. Effective May 31th, 2023 our practice will no longer be an "in-network" provider with these health care plans. We will gladly continue your physical therapy treatment as an "out-of-network" provider, however we will no longer submit your claims to your insurance on your behalf. From June 1-15th, as a courtesy to our current patients we will reduce our current hourly self pay rate to 120.00\$ per hour/ 80.00\$ per half hour.

If you would like to submit your claims to your insurance, an itemized bill with the necessary codes will be provided to you and you may submit an out of network claim to your insurance to seek reimbursement for your out of network costs.

Reimbursement is not guaranteed. It is dependent on your out-of-network benefits and your adherence to your plan requirements.

I cannot thank our patients, as well as our physicians that have trusted us to care for you, your family, your friends and neighbors. We have been blessed to have been chosen by you for your care for the last 9 years.

Most Sincerely,
Jacqueline Nyren Owner/ MPT
J2 Therapy and Wellness