

Some of our clients are asking us to invoice them for their Pilates Classes as "Back Rehab". This is because their Health Plans will cover all or most of the cost. The term "Back Rehab" of course is a perfect description of a great Pilates workout. We are a nation of sitters and our backs are all in need of continual strengthening.

Depending on the insurance carrier that you have, or your Company Wellness plan, you may find that they do cover various types of gym membership as a reimbursable service.

As you are aware, Living Well Pilates has no "Gym Membership Fees." You pay only for the classes you take. But we can invoice you for your Pilates classes with the wording, "gym membership" if that is what your insurance carrier or employer covers. Talk to us about your individual needs.

Another thing to consider, some insurance carriers may consider gym membership an alternative medical service or a preventative service. Check with your carrier or company plan for details. There may be a stipulation to the amount of times that you can go to the gym in a six month period or to how much your gym can cost or there may be just a reimbursable program.

You may be able to get a prescription for the gym membership. For instance, if your doctor recommends that you do a certain workout regime to help your condition, and this becomes a part of your medical care, then there is a better chance it will be covered by insurers. Additionally, if you find that you need physical therapy, then a gym membership could factor into the overall treatment plan.

We can send you a re-cap of your 2012 Pilates fees in one invoice under the name "gym fees" or "back rehab". Just let us know.