

The Right Care at the Right Time



Outpatient Rehabilitation Management

Premera Blue Cross Blue Shield of Alaska is dedicated to helping our members get the best care they need. Our Outpatient Rehabilitation Management Program helps members get the right care for their condition, avoiding unnecessary treatments and costs. Premera has partnered with eviCore* to provide a medical-necessity review and authorization of treatment plans.

What is it?

Our Managed Outpatient Rehabilitation Program is a review and approval process for treatment plans to ensure they adhere to accepted practice guidelines. The goal is to limit unnecessary treatments and cost. The program includes the review of physical therapy, occupational therapy, massage therapy, and some chiropractic services (except spinal manipulations).

How does it work?



Members have an initial consultation with a doctor, which is covered based on their plan's benefits. The doctor creates a treatment plan and submits it to eviCore.



eviCore reviews and approves the plan if it meets clinical practice guidelines and requirements. If approved, the member receives care based on the treatment plan.



If denied, the provider can appeal or revise the treatment plan to align it with practice guidelines.

*About eviCore

On behalf of Premera Blue Cross Blue Shield of Alaska, eviCore is an independent company which provides medical benefit management services. eviCore is a national leader with more than 20 years of experience managing medical benefits. eviCore is accredited by the Utilization Review Accreditation Commission and the National Committee for Quality Assurance.

Premera Blue Cross Blue Shield is an independent licensee of the Blue Cross Blue Shield Association

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