



Biofeedback Therapy Frequently Asked Questions

1. What is biofeedback therapy, and how does it help my situation?

Biofeedback therapy addresses emotional physiology. The idea behind biofeedback is that, by harnessing the power of your mind and becoming aware of what's going on inside your body, you can gain more control over your health.

Often, biofeedback therapy is recommended for one of several reasons (but there are others):

- to improve mood and decrease depression
- to increase energy and decrease fatigue
- to increase calmness and decrease anxiety
- to improve sleep quality
- to increase focus and attention

2. What does the biofeedback therapy process involve?

The provider who referred you will complete a biofeedback therapy referral form. You will then be contacted to schedule an appointment. During a biofeedback therapy session, electrodes are attached to your skin (usually your ear). These electrodes/sensors send signals to a monitor, which displays a sound, flash of light, or image that represents your heart and breathing rate. The type of biofeedback equipment used at PFHL measures heart rate variability.

When you're under stress, your functions change. Your heart rate speeds up, your muscles tighten, your blood pressure rises, you start to sweat, and your breathing quickens. You can see these stress responses as they happen on the monitor, and then get immediate feedback as you try to stop or slow them. Computer programs that connect to the biofeedback sensor help monitor your progress. The biofeedback therapist helps you practice relaxation exercises, which you fine-tune to control different body functions. Several relaxation exercises are used in biofeedback therapy, including (but not limited to): deep breathing, progressive muscle relaxation, guided imagery, and mindfulness meditation. As you slow your heart rate and ease muscle tension, you'll get instant feedback on the screen. Eventually, you'll learn how to control these functions on your own, without the biofeedback equipment.

3. Does insurance cover biofeedback therapy, and how much will I have to pay for it?

Biofeedback therapy is generally covered under either your medical plan or mental health plan, depending on your insurance coverage. We bill biofeedback therapy like all other therapy/counseling visits, most commonly using 99215 (medical), 90834, and 90837 therapy codes. **Note that we do not bill these sessions using biofeedback codes to insurance as we incorporate traditional therapy skills into the biofeedback therapy sessions as well, and our visits with you are much longer than traditional biofeedback sessions in a medical office (for pain, headaches, etc.) might be. You will be responsible for any copays, coinsurance amounts, or deductibles normally required for therapy/counseling services for each biofeedback therapy visit.**

Our goal is for your biofeedback therapy experience to be a positive one, so we want you to be as informed and prepared in advance as possible.