



Welcome to Athletics Sports Medicine. Our goal is the restoration of athletic and active lifestyles to injured athletes and non-athletes of **all ages**. Whether you are a professional athlete, student athlete, recreational athlete, or a non-athlete with a sports-like injury, we are here to serve you. Dr. Williams takes pride in providing the community with the highest quality sport medicine care. At Athletics Sports Medicine, you will receive timely and comprehensive care of muscle, tendon, ligament, and joint and bone injuries.

Office Hours:

- By appointment only; same day appointments are often available
- Limited weekend hours may be available
- To make an appointment please call our office at 636-552-4275 during our regular business hours (Monday, Tuesday, Thursday & Friday 9am – 5pm; Wednesday closed). We will be happy to schedule your upcoming appointment
- As we make a sincere effort to respect your time and adhere to our appointment schedule, we would appreciate you doing the same. If you are unable to keep your appointment with Dr. Williams, Dr. Thompson-Bowdry, or Mara Gardner please call our office. Cancellations of less than 24 hours will occur a cancellation fee

Insurance Information:

- At this time, Dr. Williams **only** accepts and processes claims for Aetna and United Healthcare Insurance Plans. Dr. Thompson-Bowdry accepts and processes claims for Anthem BCBS and United Healthcare Insurance Plans. And Mara Gardner does not take insurance as of now.
- Although we do not process claims for patients on other health plans, we will help facilitate your reimbursement by providing you with the proper billing forms that can be submitted directly to your insurance company. Dr. Williams is considered an “out of network” provider for other health plans
- We strongly recommend that you contact your insurance company **prior to** your visit to best determine your available benefits

Fees & Payments:

- All insurance plan co-payments are due the day of the office visit
- Payment in full is due on the day of the office visit for patients who do not have Aetna or UHC plans
- We accept cash, checks, and all major credit cards for co-pay or office visit fees
- Dr. Williams accepts Care Credit (6 month interest free credit card for medical expenses)

Your Upcoming Office Visit:

- Check your email or click on our website (www.athleticssportsmedicine.com) to download, print (16 pages*), and **complete (in BLACK INK) your patient information forms**. *If you have had multiple injuries you may need to print 2 or more Injury Log forms. **Please bring these with you to your initial evaluation.**
- Please be prepared for gait or running analysis: **Men** should wear shorts and a T-shirt; **Women** should wear shorts and a tank top/sports bra. Please bring running shoes.
- Your initial evaluation will be done in 3 parts. **Please allow at least an hour for each visit:** Part 1 is your comprehensive exam; Parts 2 & 3 will discuss findings, set your treatment plan, review results and start your neuromuscular retraining.
- **Orthotics Only : Part 1- foot impression made at cost of orthotics. Part 2 - orthotic fitting visit, \$175.00 fee. (It's important for proper fitting, or any corrections needed and alignment. If you choose not to do fitting, returns will charged on your cost.)**

Athletics Sports Medicine is pleased to have you as a patient. If you have any questions, feel free to contact our office at 636-552-4275 and our trained staff will assist you in every way possible. Again, welcome to Athletic Sports Medicine!