

PATIENT INFORMATION

INSURANCE COVERAGE

Our staff is well trained in all aspects of insurance regulations. We can help you understand and utilize your insurance coverage, whether it is private insurance, a group plan, Medicare, liability, Workers' Compensation or med pay for injuries suffered in an auto accident. Care is covered under your auto insurance for injuries sustained in automobile accidents. If you are injured on the job, chiropractic care is covered completely. By an act of Congress, chiropractic care is included in the Medicare coverage provided to our senior Americans.

MHWC is a participating provider for these insurance companies:

Aetna	Medicare
Aultcare	Molina
Aultra	Mountain State Blue Cross and Blue Shield
Anthem	Optum Health
Beech Street	Private Health Care Services (PHCS)
Cigna	Railroad Medicare
Emerald Health (through ChiroHealth)	River Valley Health Alliance
4-Most	The Health Plan
Interplan Health Group	Unison
Medicaid (OH and WV – age 20 + under)	United Health Care
Medical Mutual	Wells Fargo (PEIA)

WORKER'S COMPENSATION INFORMATION

The Ohio Bureau of Workers' Compensation has a new managed care program. If you are a claimant with a work-related injury, this program may drastically affect you. This program preserves one very important right for patients: You may still treat with the doctor of your choice! If you work for a self-insured employer, you may be required to visit the company doctor for one visit before you choose your own doctor. The law allows you to request treatment from the doctor of your choice, no matter where you work.



about

Marietta Health & Wellness Center, combines chiropractic care with medical and therapeutic procedures in one state-of-the art facility.

We assist adults, teens, and children who seek relief from long-term, work or sports-related injuries or accidents. We are able to help these patients because our integrated approach treats the underlying cause of the problem, rather than the effects of the problem.

INTEGRATED WELLNESS SERVICES

At Marietta Health & Wellness Center, we take an integrated approach in helping you to achieve optimum overall health by combining chiropractic care with medical and therapeutic procedures. Formerly Dexter Chiropractic, our new name embraces this integrated approach, while continuing the same standard of excellence in care and patient service.



JEFFREY R. DEXTER, DC
Clinical director

Dr. Dexter has been practicing chiropractic for more nearly 20 years. He is a graduate of Warren High School and completed undergraduate school at Ohio University in Athens, Ohio. He received a Doctorate in Chiropractic from Life College of Chiropractic in Atlanta, Georgia, in May 1991.

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MARIETTA
HEALTH
& WELLNESS
CENTER

*comprehensive
wellness care*

SERVICES



CHIROPRACTIC

Gentle, effective care of the spinal column with the use of the hands or instruments to provide correct movement, improve function, and decrease muscle irritation. The goal of chiropractic adjustment is to relieve pain and improve the body's physical function.

services include

Spinal Adjustments	Ultrasound
Intersegmental Traction	Thermoscan
Electric Muscle Stimulation	Orthotics
Moist Heat	Home Care Instructions
Cryotherapy	

MASSAGE THERAPY

Gentle effective manipulation of the soft tissue which provides an increase to muscle dilation and improves muscle healing time. In addition, massage therapy provides a decrease in pain associated with soft tissue injury.

types of massage

swedish massage :: deep tissue massage
sports therapy :: fibromyalgia therapy



STRENGTHENING PROGRAMS

Our strengthening programs provide each patient with an individualized program so that one can begin to strengthen the involved areas of the spine. We understand that each patient is unique and requires special exercises based on age and physical condition.

muscle groups targeted for strengthening programs

Upper back	Upper arms	Hips
Middle back	Forearms (wrists)	Thighs
Lower back	Chest	Calves (lower legs)
Shoulders	Abdominals	

PAIN MANAGEMENT

Pain management involves utilizing the soft tissue work and modalities to reduce swelling and inflammation to improve function. Patients are medically evaluated for pharmaceutical intervention. Patients are counseled about the pros and cons of medicine and how it aides and slows certain healing patterns.



NUTRITIONAL COUNSELING

Our staff works with patients to assess current eating patterns and identify areas where change is needed. The goal of nutrition counseling is to help a person make and maintain dietary changes that will impact their overall health.

HEALTH AND SAFETY LECTURES

We provide the community with an understanding of health issues related to safety and workplace ergonomics. Lectures are developed to discuss the importance of stress management in the work place and the significance of maintaining proper health. Lectures are generally done on-site. Please call the MHWC office if your company would like to schedule a lecture.

TRIGGER POINT THERAPY

Trigger-point therapy utilizes massage techniques conservatively to improve musculature function by deactivating trigger points that may cause pain or headaches. Manual pressure, vibration, injection, or other treatment is applied to these points to relieve pain for those who fail to show conservative improvement with massage.

PRODUCTS AVAILABLE IN OUR OFFICE

Ice Packs :: Moist Heat Packs :: Biofreeze
Cervical Traction Units :: Lumbar Pillows and Belt
Cervical Bed and Crescent Pillows :: Heal Lifts
Tens Units :: Valeo Exercise Balls

HRS OF OPERATION

M :: W :: F 8a.m. – 6p.m.

T 9a.m. – 5p.m.

TH 9a.m. – noon

SAT by appointment