

# Three Steps to Start Reducing Insurance Dependence

## 01

---

### Manage Your Impatience

Resigning from PPO plans is a slow process. Although it sounds exciting, do not rush to resign from all of them. Instead, start with one or two at a time, learn from the experience gained, and move forward.

## 02

---

### Get Your Entire Team Involved

Communicate to your team that going out-of-network is a step in the right direction. Some of your team members will be new to the idea of resigning from PPO plans, therefore, sharing success stories and assuring them will help them understand and support you and each other as you begin to resign from PPO plans.

## 03

---

### Gather Data

It is important to collect data and apply it as you begin going out-of-network. Data refers to:

- How many PPO Plans your practice is on
- The average adjustment rate for each plan
- The resignation requirement for each plan

This data will ensure you are resigning from PPO plans methodically instead of pulling the plug blindly.