November 3, 2026

We have encouraging news to share - and it's a testament to the power of your advocacy.

On November 2, Premera announced that its planned Multiple Procedure Payment Reduction (MPPR) policy for outpatient therapy services will **not take effect on December 4, 2026, as originally scheduled.**

In response to feedback from physical therapists and other healthcare professionals, Premera has paused implementation while it gathers additional information and evaluates the policy's potential impact. Premera has also committed to providing at least 90 days' notice before implementing the policy.

This is an important step forward, and your voices helped make it possible.

Over the past two months, physical therapists, physical therapist assistants, practice owners, students, and administrative teams across Washington came together to advocate for their patients, their practices, and the future of physical therapy.

You contacted Premera, submitted complaints to the Washington State Office of the Insurance Commissioner, educated patients about the potential impact on access to care, and encouraged colleagues to get involved. Many of your patients added their voices by contacting Premera and their employers.

Your collective efforts helped elevate this issue and demonstrate the strength of our professional community.

This is grassroots advocacy in action. And it is making a difference.

We appreciate Premera's willingness to listen to providers and reconsider its implementation timeline. However, it is important to recognize that **this is a pause, not a permanent withdrawal of the policy.** To learn more, read Premera's statement**.**

APTA Washington remains committed to advocating for fair, sustainable reimbursement policies that protect patient access to high-quality physical therapy services.

Our Premera MPPR Policy Task Force will continue gathering data on the true cost of delivering physical therapy care in Washington and communicating those findings to Premera, the Office of the Insurance Commissioner, and state legislators. This work will be essential in demonstrating how reimbursement reductions could affect providers, patients, and communities across our state.

How you can help:

- **Watch for upcoming APTA Washington action alerts.** Your participation will help us build a stronger, data-driven case for sustainable reimbursement and continued patient access to care.
- **Keep the conversation going.** Continue engaging your colleagues and patients, and thank those who took the time to speak up. Their advocacy matters.

We will continue to keep you informed as this issue develops.

Thank you for standing together, for advocating on behalf of your patients, and for demonstrating what we can accomplish when our profession speaks with a unified voice.

Our collective voice is making a difference - and our work continues.

Questions? Contact **reimbursement@aptawa.org**.

With appreciation,

Mark Bouma, PT, DPT
Premera MPPR Policy Task Force Chair, APTA Washington