

# Ashok Bharucha, MD Expands Insurance Coverage for Prospective Clients

*...Measure designed to facilitate access to world-class care during a period of high demand*

SCRANTON, PENNSYLVANIA, USA, January 31, 2022 /EINPresswire.com/ -- Ashok Bharucha, MD, owner of a private solo psychiatric practice announces expanded in-network insurance coverage for services. In addition to traditional Medicare, Ashok Bharucha now accepts Highmark Blue Shield products as well as Aetna



commercial products. He also offers sliding-scale self-pay arrangements for those without health insurance. At a time when COVID-19 has taken a major toll on the physical and mental health toll of Americans, Ashok Bharucha hopes this expanded in-network coverage will allow more individuals to obtain world-class care who otherwise may have limited or no options. The COVID-

related escalation of depression, anxiety, and other forms of psychological distress are alarming and deserve urgent attention. Ashok Bharucha, MD offers in-person visits at the Bloomsburg, PA office on Sundays from 9:00 am to 5:00 pm, and telepsychiatry services throughout Pennsylvania from Mondays to Fridays 8:00 am to 7:00 pm. Special appointment times can also be accommodated based on need.

“

Sorrow comes in great waves...but rolls over us, and though it may almost smother us, it leaves us. And we know that if it is strong, we are stronger, inasmuch as it passes and we remain.”

*Henry James*

An exceptionally well-trained and experienced clinician, Ashok Bharucha offers world-class care at this critical time.

Listed as one of the best doctors in America, Dr. Bharucha fervently believes in taking the time to develop relationships that lead to healing. According to Ashok Bharucha, “Collaborative dialogue focuses on clarification of problems, developing a shared understanding of the issues, fully educating the client about treatment options, and developing expectations for what may or may not be possible in treatment. While I am a strong advocate of talk therapy, evidence consistently points to best outcomes with a combination of some form of psychotherapy and medication

treatments for most serious psychiatric conditions. I consider psychoeducation to be a critically important aspect of this dialogue. Providers often do not devote enough time with the client to educate them about the nature of their condition, its longitudinal course, risk factors for future relapses, and the pros/cons of various treatment options. An undue emphasis on medication management takes precedence over tackling the many areas of their clients' lives that are impinging on their condition but remain unaddressed due to limitations of time and resources."

About Ashok Bharucha, MD:

Dr. Bharucha is a graduate of the internationally renowned McLean Hospital of Harvard Medical School and possesses additional training in geriatric psychiatry from the University of Washington School of Medicine. With thirty years of academic, clinical, and research experience, Dr. Bharucha has been a sought-after clinician and mentor. He does not believe in the "drive through" model of care that currently predominates in the field.

Currently accepted insurances include traditional Medicare, Highmark Blue Shield products, Aetna and self-pay. Please check with your insurance carrier for my in-network status.

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