# The Ins an Outs of the Financial **Process in Open Dental**

 What are important reports that should be run and what are some things things that I should look for to make sure everything is done properly for financial reconciliations

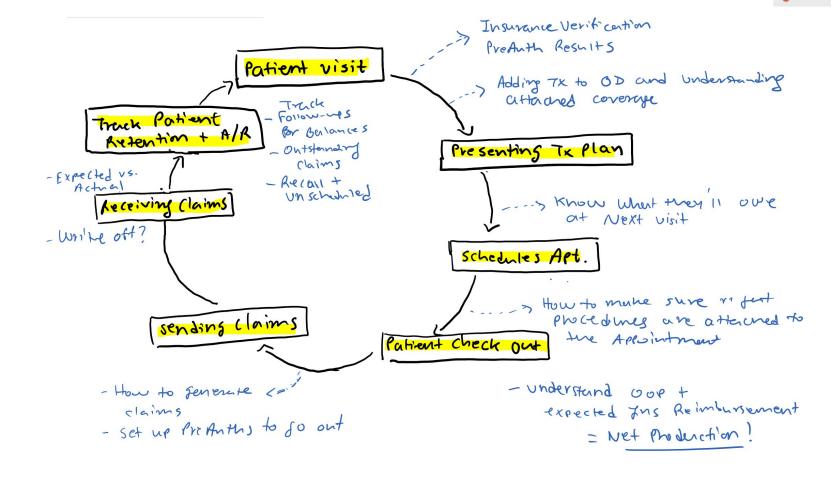
 Which key indicators should I be checking daily, weekly, monthly basis

How do you assess these reports

# **Assumptions**

- 1. Your Fee Schedules are set up correctly with PPO Percentage
- Insurance verification is done for every patient
- 3. The Doctor, the practice owner understands EVERY ASPECT OF the revenue cycle

### Revenue Cycle



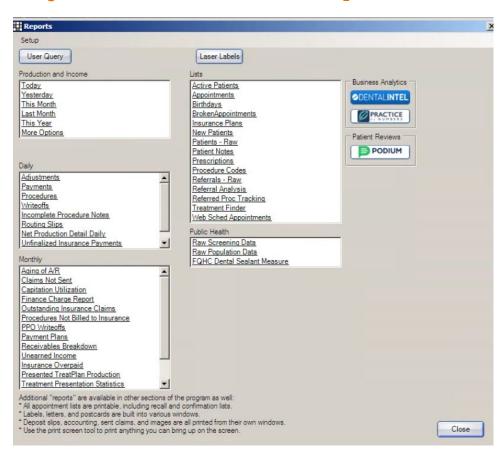
What are important reports that should be run and what are some things things that I should look for to make sure everything is done properly for financial reconciliations

### Don't get Overwhelmed by the list of all Reports

Understand what it is you're trying to achieve FIRST,

Then narrow down to the few reports that give you this information.

That's f'in great, but how do you do that?



### **Start with a Single Day - Today!**

### Things are I care about Today:

- ☐ For each appointment on schedule, does OD tx plan reflect proper patient Out-of-pocket payment?
- ☐ How much work did I do / What was my Adjusted / Net Production?
- ☐ How much did I collect: (patient & insurance checks, care credit transactions, EFTs)
  - For the Insurance checks entered, were there any payments that were LOWER than what we expected? if so, why? And what's the next plan for the remaining balance? Do we have a system in place to track this balance?
- ☐ Were there any Adjustments (courtesy discounts, membership plan discounts, etc.)
- ☐ For all the appointments, are correct procedures attached prior to marking it completed and generating the claim?
- Are PreAuths generated and ready to be sent for the patients we need them for?
- ☐ How's the schedule for the next 3 weeks?

System for Patient Retention and following up on A/R:

Outbound	Results
# of recall reactivation calls made	# of patients reactivated - how much \$ put back on the schedule
# of Unscheduled Tx calls made	# of patients scheduled from Unschedule tx follow-ups
Follow-ups for missed appointments	# of patients put back on schedule that missed their appointments
Follow-up calls for Outstanding claims and PreAuths	Claims received / closed from follow-ups
Follow-ups for patient balances	Payments received from follow-ups

### **Daily Prod + Income report**

#### What it's for:

End of Day report to find out How much was Produced (net), and Collected

### How you get to this report:

Reports > Standard > Production & Income > More Options > Under "Show Insurance Writeoffs" - select "Procedure date"

### What's on the report:

- Production from patients seen, adjustments, writeoffs, and collections for that day
- Includes patients who weren't seen that day, but payments were marked for them

### Let's breakdown the details on the report...

### **Daily Prod + Income report**

Date	itient Name	Description	Prov	Production	Adjust	Writeoff	Pt Income	Ins Income
12/04/20	)inah	periodic oral evaluation - establish	Shah	98.00	0.00	0.0	0.00	0.00
12/04/20	Dinah	intraoral - periapical first radiograp	Shah	40.00	0.00	0.00	0.00	0.00
12/04/20	)inah	PerEx Delta Dental of New Jersey	Shah	0.00	0.00	-60.00	0.00	0.00
12/04/20	)inah	PA+ Delta Dental	h 🥒	0.00	0.00	-21.00	0.0-	0.00
12/04/20	)inah	PA+ Delta Dental Office Fee	1	0.00	0.00	-21.00	20,000 000	0.00
12/04/20	Dinah	PA Delta Dental of	h	0.00	0.00	-24.00	for Insura	nce 0.00
12/04/20	, Marcos	Cigna PPO	h	0.00	0.00	0.00	17014 11010	175.00
12/04/20	n, Barbara	Post Op	Shah	0.00	0.00	0.00	0.00	0.00
12/04/20	n, Bruce	SRP Delta Dental of New jersey	Shah	0.00	0.00	-92.00	0.00	0.00
12/04/20	n, Bruce	periodontal scaling and root planin	Shah	232.00	0.00	0.00	0.00	0.00
12/04/20	Bruce	Credit Card	Shah	0.00	0.00	0.00	84.00	0.00
12/04/20	n, Bruce	periodontal scaling and root planin	Shah	232.00	0.00	0.00	0.00	0.00
12/04/20	n, Bruce	SRP Delta Dental of New jersey	Shah	0.00	0.00	-92.00	0.00	0.00
12/04/20	Ralph	Doct On	Shah	0.00	0.00	0.00	0.00	0.00
12/04/20	o, Kathryn A						0.00	459.20
12/04/20	Prema	D 1 11 11 11 11 11 11 11 11 11 11 11 11					0.00	0.00
12/04/20	Prema	Production - Write off = Net			ance allow	able tee to	0.00	0.00
12/04/20	Prema		that pro	cedure			0.00	0.00
12/04/20	Prema						0.00	0.00
12/04/20	Prema						26.00	0.00
12/04/20	Courtney	Guardian PPO	Shah	0.00	0.00	0.00	0.00	249.60
12/04/20	Jonell	intraoral - periapical first radiograp	Shah	40.00	0.00	0.00	0.00	0.00
12/04/20	Jonell	prophylaxis - adult	Shah	103.00	0.00	0.00	0.00	0.00
12/04/20	, Jonell	PA Delta Dental of New jersey	Shah	0.00	0.00	-24.00	0.00	0.00
12/04/20	Jonell Jonell	PerEx Delta Dental of New jersey	Shah	0.00	0.00	-60.00	0.00	0.00
12/04/20	Jonell	PA+ Delta Dental of New jersey	Shah	0.00	0.00	-21.00	0.00	0.00
12/04/20	Jonell	Pro Delta Dental of New jersey	Shah	0.00	0.00	-28.00	0.00	0.00
12/04/20	Jonell	PA+ Delta Dental of New jersey	Shah	0.00	0.00	-21.00	0.00	0.00
12/04/20	, Jonell	4BW Delta Dental of New jersey	Shah	0.00	0.00	-29.00	0.00	0.00
12/04/20	, Jonell	bitewings - four radiographic imag	Shah	70.00	0.00	0.00	0.00	0.00
12/04/20	Jonell	periodic oral evaluation - establish		98.00	0.00	0.00	0.00	0.00
12/04/20	Jonell	intraoral - periapical each addition	Shah	32.00	0.00	0.00	0.00	0.00
12/04/20	Jonell	intraoral - periapical each addition		32.00	0.00	0.00	0.00	0.00
	Scrittari Vincent	resin-based composite - two suita	Shah	0.00	0.00	0.00	0.00	0.00

### **Daily Prod + Income report**

Total Production (Production + Adjustments - Writeoffs) \$2,812.00 Total Income (Pt Income + Ins Income): \$2,656.50									
				5,321.00	0.00	-2,509.00	680.50	1,976.00	
12/04/2020	Wigoff, Lauren	Credit Card	Shah	0.00	0.00	0.00	162.50	0.00	
12/04/2020	Wigoff, Lauren	Occlusal Mouth Guard	Shah	573.00	0.00	0.00	0.00	0.00	
12/04/2020	wigorr, Lauren	Occiduard Aetha PPO	Snan	0.00	0.00	-248.00	0.00	0.00	

Other reports under "Production and Income"?

# **Ensuring Proper Set-up on Open Dental**

If the Total Production on the Daily Income + Production report doesn't match to your manual calculations - **there's something not set up correctly**!

#### Most common reasons:

- Patients with Dual insurances COB rule not set up correctly
- Making sure Patients have proper Insurance fee schedules attached, and correct Plan Types (PPO Percentage) attached!

### Adjustments Report: Reports > Standard > Daily > Adjustments

#### What it's for:

End of Day Daily report to find out what adjustments were created in Open Dental

Adjustments made to any accounts which include:

- membership discounts (depending on how it's set up)
- Broken appointment adjustments (if set up)
- Courtesy discounts
- manual adjustments made to write off balance (when insurance payment is lower than expected, and write-off wasn't created at time entering the claim payment)

#### **Daily Adjustments**

Mint Dental 11/02/2020 - 12/05/2020 All Providers

Date	Patient Name	Prov	AdjustmentType	Note	Amount
11/02/2	Rich,	Shah	Discount		-368.75
11/02/2	Rich,	Shah	Discount		-114.75
11/02/2	mida,	Shah	BROKEN Appt - No Show		0.00
11/02/2	Julie,	Shah	BROKEN Appt - No Show		0.00
11/02/2	Caitlin,	Shah	Discount		-65.00
11/02/2	Caitlin,	Shah	Discount		-46.50
11/04/2	amses,	Shah	BROKEN Appt - No Show		0.00
11/06/2	awrence,	Shah	BROKEN Appt - No Show		0.00
11/06/2	a, Lisa,	Shah	Misc Pos Adjustment	Ins Payment Adjustment (NGS	624.00
11/06/2	, George,	Shah	Misc Neg Adjustment	Ins writeoff (NGS)	-21.00
11/07/2	Bessie,	Shah	Misc Neg Adjustment	Ins Writeoff (NGS)	-282.00
11/07/2	z, Miray,	Shah	Misc Neg Adjustment	Ins Writeoff (NGS)	-116.80
11/09/2	opez, Rachel,	Shah	BROKEN Appt - No Show		0.00
11/09/2	, Julia,	Shah	BROKEN Appt - No Show		0.00
11/11/2	irel,	Shah	Discount		-43.50
11/11/2	arel,	Shah	Discount		-43.50
11/11/2	arel,	Shah	Discount		-43.50
11/11/2	Christian,	Shah	Discount		-65.00
11/11/2	Christian,	Shah	Discount		-65.00
11/11/2	ichael,	Shah	BROKEN Appt - No Show		0.00
11/16/2	Micheal Anth	Shah	Discount		-65.00
11/18/2	Christian,	Shah	Discount		-65.00
11/20/2	abia,	Shah	BROKEN Appt - No Show		0.00
11/20/2	sabeta,	Shah	Misc Neg Adjustment	Ins Writeoff (NGS)	-92.00
11/20/2	in Chen,	Shah	Discount	The state of the s	-368.75
11/20/2	in Chen,	Shah	Discount		-114.75
11/23/2	Caitlin,	Shah	BROKEN Appt - No Show		0.00

# Payments Report: Reports > Standard > Daily > Payments

Select Group by "Check", select "All insurance payment types", "All patient payment types", "All Payment Groups"

Charle

Mint Dental All Providers

#### What it's for:

End of Day Daily report to show ALL PAYMENTS entered into payment for money received.

#### **Insurance Payments**

Date	Carrier	Patient Name		Provider	Check#	Amount	
12/04/2020	Delta Dental of New York	<i>f</i>		Shah	0024285115	208.00	
12/04/2020	Delta Dental of Missouri	E		Shah	02369921	221.60	
12/04/2020	Aetna PPO	E		Shah		140.00	
12/04/2020	Cigna PPO	k		Shah	9182009	544.00	
12/04/2020	Guardian PPO	P	Α	Shah	170067999	459.20	
12/04/2020	Guardian PPO	Forcer, courency		Shah	170095214	249.60	
						1.822.40	

EFT					
Date	Carrier	Patient Name	Provider	Check#	Amount
12/04/2020	Delta Dental of New Jers	G J	Shah	999210	153.60
					153,60

Total Insurance Payments: \$1,976.00

#### Patient Payments

Date	Paying Patient	Provider	Check#	Amount
12/04/2020		Shah		84.00
12/04/2020		Shah		26.00
12/04/2020	5 nt	Shah		109.00
12/04/2020	ula	Shah		299.00
12/04/2020	Wigon, Louisi	Shah		162.50
				680.50

Total Patient Payments: \$680.50

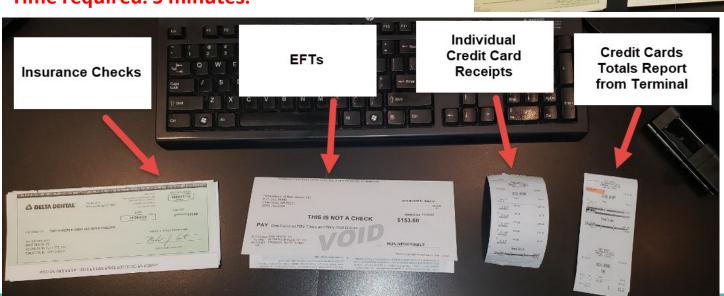
Total All Payments: \$2,656.50

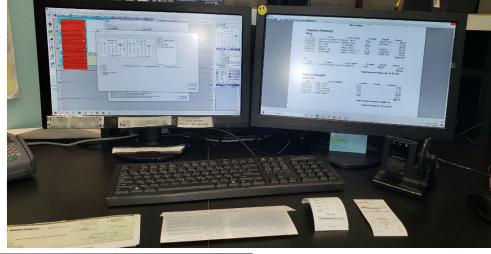
# **End of Day - Reconciling**

Match up every single one of the payments shown in the below picture to the payment report pulled up on the screen in front of you!

Do this for each day you're in the office - make it a ROUTINE!

Time required: 5 minutes!





Not shown:

#### **Patient Checks**

 didn't have any patient checks at the time of the picture

# **Daily Routines**

Responsible Party	Task	
admin	0	Patient check-in: Ensure correct oop(Out-of-pocket) attached to OD Tx plan. (Expected/Estimated Ins reimbursement + oop) = Net Adjusted production for the appointment
Provider (doc / hygienist)	٥	In-appointment (operatory): Proper procedures need to be attached to appointment
admin	0	Patient check-out: Generate claim for procedures attached to appointment
admin	0	Patient check-out: collect oop
Provider / admin		Set up PreAuths to be sent out Electronically
admin	0	Check for kicked-back / rejected claims on DentalXChange
admin	0	Submit requested Attachments electronically through DentalXchange

# **Daily Routines: End of Day Review (15 minutes)**

Responsible Party	Task	
Admin	٥	Group / Separate all payments received today into Patient checks, insurance checks, Credit Card receipts - AND order them by what's listed on Payments Report
Owner/ Manager & Admin	٠	Reconcile / match up all payments on the Payment Report
Owner/ Manager & Admin	٥	Check Adjustments either through the Production & Income report or from the Adjustments report
Owner/ Manager & Admin	٥	Pull up Production & Income report for today using Procedure Date Writeoffs and Review
Admin	٥	Send all Claims & PreAuths waiting to be sent
Owner / Manager & Admin	٥	Review schedule for next 3 weeks

### Daily Routines: End of Day Review - 15 minutes (continued)

Responsible Party	Task				
Owner/ Manager & Admin	Go over # of recall reactivation calls made and review # of patients reactivated - how much \$ put back on the schedule				
Owner/ Manager & Admin	Go over # of Unscheduled Tx calls made <b>and</b> review # of patients scheduled from Unschedule tx follow-ups				
Owner/ Manager & Admin	Go over Follow-ups for missed appointments <b>and</b> review # of patients put back on schedule that missed their appointments				
Owner/ Manager & Admin	Go over Received PreAuthorizations and set up calls to get those patients in to schedule if not scheduled already!				
	Aging of A / R				
Owner/ Manager & Admin	Go over Follow-up calls for Outstanding claims and PreAuths				
Owner/ Manager & Go over Follow-ups for patient balances and review payments received from follow-ups  Admin					

# Tracking Recall / Unscheduled Tx Campaigns

J	K	L v	M	N	0	Р	Q	1
		- Sala simila			Daily Goal = 8calls			
elessPhone	Birthdate	RecallStatus	DateDue	Scheduled?	1st attempt status	2nd attempt (3 weeks)	3 rd attempt (3 weeks)	
1-724-8728	07/11/1996	Patient Will Call	01/29/2018	no	lvm	lvm	texted	
-724-8728	08/07/2001	Patient Will Call	01/29/2018	no	lvm	lvm	texted	
-248-6877	04/13/1997	Patient Will Call	03/21/2018	yes	lvm	texted	Scheduled	
-406-3824	10/14/1977		04/29/2018	no	lvm	texted	dialed	
3)558-2599	08/30/1972	Patient Will Call	06/28/2018	no	lvm	dialed	dialed	
1-452-6445	01/11/1990	Patient Will Call	01/27/2018	no	lvm	texted	lvm	
-795-5226	09/29/1999	Patient Will Call	06/05/2018	no	lvm	lvm	texted	
1)410-2703	01/06/1965	Patient Will Call	06/30/2018	no	pt will call us back	lvm	texted	
1)286-4936	10/12/1995	Wait. See notes.	02/22/2018	no	lvm	dialed	lvm	
1)410-2703	04/18/1998	Patient Will Call	01/13/2018	no	pt will call us back	dialed	lvm	
-301-5706	07/05/1947	Patient Will Call	06/14/2018		lvm	dialed	Scheduled	0
)638-1211 n	05/24/1999	Patient Will Call	03/09/2018	no	pt not ready	dialed	lvm	
1)982-1516	11/30/1977	Patient Will Call	01/23/2018	no	lvm	texted	lvm	
1-566-1268	07/20/1998	Patient Will Call	02/03/2018	no	lvm	lvm	lvm	
1)390-1837	06/30/1943		02/01/2018	no	pt not ready	lvm	lvm	
1)485-1412	12/12/1961	Wait. See notes.	06/19/2018	yes	Scheduled			
-310-3699	04/08/2007	Wait. See notes.	06/14/2018	yes	Scheduled			
	10/11/1932	Patient Will Call	04/26/2018	yes	Scheduled			
-922-3195	03/13/1974	Patient Will Call	02/10/2018	no	not home call again	lvm	lvm	
206-6433	03/05/1983	Patient Will Call	05/30/2018	no	not home call again	lvm	lvm	
5-462-8947	10/12/1991	Patient Will Call	02/05/2018	no	Discont phone	-		
-816-1806	03/21/1966	Wait. See notes.	01/06/2018	no	lvm	lvm		
1)673-0349	12/18/1996	Patient Will Call	02/09/2018	no	lvm	texted	lvm	
3)316-1885	05/06/1977		04/26/2018	no	lvm	lvm	Scheduled	
-580-1405	08/13/1995	Patient Will Call	01/11/2018	yes	Scheduled			
-925-5860-N	04/25/2002	Patient Will Call	02/15/2018	yes	Scheduled			
-898-3494	09/22/1964	Wait. See notes.	06/07/2018	no	lvm	texted	dialed	
-495-2291	04/20/1983	Patient Will Call	03/19/2018	yes	Scheduled	and the first		
-760-6903		Patient Will Call		yes	Scheduled			
1-383-0503		Wait. See notes.	01/19/2018	,				

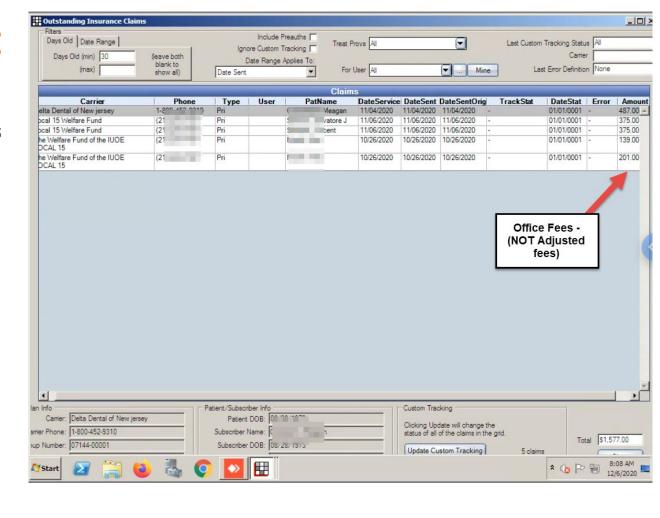
Old way
Of
Tracking
Through
Excel

# **Weekly Routines:**

Reports > Monthly > Outstanding Insurance Claims

### **Monday Mornings:**

Run <u>Outstanding</u>
<u>Insurance Claims</u>
<u>report</u> for > 30 days old



### **Weekly Routines:**

Reports > Monthly > Aging of A/R

### **Monday Mornings**:

# Run **Aging of A/R report**

- Leave "As of Date" as today's date (default)
- Select "Any Balance"
- Group by "Family"
- Providers: all
- Remember the rule to keep this report as short as possible
- Review it weekly so you're on top of balances that are owed
- Either track on excel, or add to "pop-ups" why certain balances exist:

#### AGING OF ACCOUNTS RECEIVABLE

Mint Dental
As of 12/06/2020
Any Balance
All Billing Types
All Providers

ate	12/06/2020				1				•
200000	GUARANTOR	0-30 DAYS	31-60 DAYS	61-90 DAYS	> 90 DAYS	TOTAL	-W/O EST	-INS EST	=PATIENT
		148.20	0.00	0.00	0.00	148.20	98.00	103.00	-52.80
III .		0.00	0.00	0.00	3.64	3.64	0.00	0.00	3.64
	new	0.00	0.00	0.00	11.40	11.40	0.00	52.00	-40.60
	1	0.00	0.00	0.00	0.20	0.20	0.00	0.00	0.20
		0.00	0.00	0.00	184.40	184.40	0.00	0.00	184.40
		0.00	0.00	12.00	0.00	12.00	0.00	0.00	12.00
		0.00	0.00	0.00	50.00	50.00	0.00	0.00	50.00
		26.00	0.00	0.00	0.00	26.00	0.00	0.00	26.00
		0.00	0.00	0.00	29.00	29.00	0.00	0.00	29.00
		0.00	0.00	0.00	15.00	15.00	0.00	0.00	15.00
		0.00	0.00	0.00	1.00	1.00	0.00	0.00	1.00
		1,123.70	0.00	0.00	0.00	1,123.70	742.00	381.70	0.00
	3	0.00	5.00	0.00	0.00	5.00	0.00	0.00	5.00
		0.00	19.40	0.00	0.00	19.40	0.00	0.00	19.40
		0.00	0.00	9.40	0.00	9.40	0.00	0.00	9.40
		0.00	0.00	0.00	50.00	50.00	0.00	0.00	50.00
		0.00	0.00	0.00	4.80	4.80	0.00	0.00	4.80
	n M	1,374.80	0.00	0.00	0.00	1,374.80	783.00	591.80	0.00
		0.00	0.00	0.00	2.00	2.00	0.00	0.00	2.00
		0.00	0.00	0.00	124.40	124.40	0.00	0.00	124.40
		0.00	0.00	0.00	10.00	10.00	0.00	0.00	10.00

i.e \$184, \$124 - pt is between implant work, \$50 - uncollected Missed appointment Fees

# Monthly Routine:

1st Of the Month:

Run Net Production & Income Report for Previous Month:

**Show Insurance Writeoffs using Procedure Date!** 

Total Days Worked: 12

#### All Providers

Date	Weekday	Production	Sched	Adj	Writeoff	Tot Prod	Pt Income	Ins Income	<b>Tot Income</b>
11/01/2020	Sunday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
11/02/2020	Monday	6,339.00	0.00	-595.00	-1,981.00	3,763.00	2,593.95	3,435.80	6,029.75
11/03/2020	Tuesday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
11/04/2020	Wednesday	7,097.00	0.00	0.00	-1,536.00	5,561.00	1,366.00	1,505.60	2,871.60
11/05/2020	Thursday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
11/06/2020	Friday	4,145.00	0.00	603.00	-1,659.00	3,089.00	663.20	3,442.20	4,105.40
11/07/2020	Saturday	0.00	0.00	-398.80	0.00	-398.80	0.00	480.60	480.60
11/08/2020	Sunday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
11/09/2020	Monday	4,696.00	0.00	0.00	-2,450.00	2,246.00	1,185.60	2,994.60	4,180.20
11/10/2020	Tuesday	5,242.00	0.00	0.00	-2,309.00	2,933.00	1,752.05	1,250.20	3,002.25
11/11/2020	Wednesday	7,179.00	0.00	-260.50	-2,900.60	4,017.90	2,672.50	0.00	2,672.50
11/12/2020	Thursday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
11/13/2020	Friday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
11/14/2020	Saturday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
11/15/2020	Sunday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
11/16/2020	Monday	4,356.00	0.00	-65.00	-1,923.00	2,368.00	1,271.40	1,524.90	2,796.30
11/17/2020	Tuesday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
11/18/2020	Wednesday	5,638.00	0.00	-65.00	-2,619.00	2,954.00	1,491.09	2,922.00	4,413.09
11/19/2020	Thursday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
11/20/2020	Friday	5,691.00	0.00	-575.50	-1,454.00	3,661.50	2,401.90	1,400.00	3,801.90
11/21/2020	Saturday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
11/22/2020	Sunday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
11/23/2020	Monday	3,673.00	0.00	0.00	-1,426.00	2,247.00	813.00	540.00	1,353.00
11/24/2020	Tuesday	9,570.00	0.00	-433.75	-1,313.00	7,823.25	1,500.05	2,358.70	3,858.75
11/25/2020	Wednesday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
11/26/2020	Thursday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
11/27/2020	Friday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
11/28/2020	Saturday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
11/29/2020	Sunday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
11/30/2020	Monday	8,097.00	0.00	0.00	-3,093.00	5,004.00	2,930.95	411.20	3,342.15
		71,723.00	0.00	-1,790.55	-24,663.60	45,268.85	20,641.69	22,265.80	42,907.49

Total Production (Production + Scheduled + Adjustments - Writeoffs): \$45,268.85

**Net Production** 

Total Income (Pt Income + Ins Income): \$42,907.49 Total Collection

### **Monthly Routine:**

- Not many monthly routines!
- Daily Routines take care of 90% of the work!!
- Weekly Routines take care of the rest
- Monthly Routines Looking at Daily & weekly reports cumulatively!

### **Know your Overhead**

- you should know your ~ overhead off the top of your head.
- 35-38% overhead for me: This way I know how much to keep in the account, and will write a check to myself for take home (setting aside approximate amount for taxes)

### **Take Aways:**

- Errors or steps skipped from daily routines add up to weekly errors, which then add onto monthly errors → Yearly errors → LONGER A/R reports
- A Proactive Approach is a MUST for consistency
- Leaner Practice w/ Controlled Overhead