



## **Rates and Insurance**

Sessions last 50-60 minutes unless extended appointment time is prearranged.

### **Session Fees and Billing Practice:**

**It is the policy of this office to keep a credit card on file for all clients to ensure payment for services rendered and for all services not covered by insurance.**

Payment of services is expected at the time of each session. A receipt will be provided. If payment for services is not made at the time of service and it is not a matter of special arrangements agreed upon by you and me, such payment must be made within 10 working days of the session in question AND before a new appointment can be made. If payment is not made within this time period, I have the option of informing you in writing, that future services may be jeopardized and even terminated. In this instance, I will provide you with referrals for other practitioners if requested.

Sessions last 50-60 minutes unless extended appointment time is prearranged. At critical junctures, the therapist may prioritize allowing the client to work through an issue over interrupting and ending the session prematurely. If sessions are extended over 15 minutes additional fees may be charged in 15-minute intervals without prior verbal notification. I offer a limited number to reduced fee/sliding scale appointments.

### **Initial Session and Ongoing Sessions:**

The connection between the therapist and the client is the foundation for exploration and change. When we first speak, you can tell me your concerns and we can schedule an initial intake session. During the initial intake session, we will go into detail about what brings you into therapy. You may also utilize this time to ask questions that are important to you about me or my practice.

If you decide to proceed with seeing me for therapy, we will schedule your weekly therapy appointment day and time. Sessions are 60 minutes and occur weekly.

### **Payment:**

Payment of services is expected at the time of each session. Multiple forms of payment are accepted for your convenience. These include Visa, MasterCard, American Express, Discover, and Health Savings Account (HSA)/Flexible Spending Account (FSA).

## **Insurance:**

I am currently paneled with Blue Cross Blue Shield (BCBS) Aetna, Cigna and United Healthcare insurances. Additionally, I am paneled as an Employee Assistance Program (EAP) provider with some companies. I am considered an Out-of-Network mental health provider for all other insurance providers. If I am paneled as an in-network provider with your insurance I will file for payment through your provider.

To find out if your insurance will cover my services or to find out how much you can expect to be reimbursed, prior to our consultation or first appointment, please call your insurance company to discuss the specifics of your mental health coverage. Below are some questions you should ask your insurance company regarding your mental health insurance benefits:”

- Do I have mental health insurance benefits?
- What is my deductible, and has it been met?
- How many sessions per year does my health insurance cover?
- What is the reimbursement amount (usually a percentage of cost) per therapy session?
- Is prior approval required from my primary care physician?
- Do I need a certain type of diagnosis for my sessions to be covered?

## **Helpful links:**

[\*\*What do I need to know about my insurance benefits?\*\*](#)

## **Cancellation Policy**

Please call as soon as possible if you need to cancel your appointment. You are responsible for the cost of the session for cancellations received less than 24 hours before your scheduled appointment.

It is the client’s responsibility to cancel his/her appointment at least 24 hours in advance. Should you not cancel your appointment within 24 hours and fail to show for your allotted appointment time, you may be charged a full missed session fee.

If you fail to attend two consecutively scheduled sessions without notifying me, I will assume that you wish to terminate services and will notify you in writing that services have been terminated. Two consecutively cancelled sessions without prior notice may result in a loss of an established appointment time.