



Good Faith Estimate for Healthcare Items and Services

Under the “No Surprises Act,” you have the right to receive a “Good Faith Estimate” explaining how much your medical care will cost. Under the law, health care providers need to give patients who don’t have insurance or who are not using insurance an estimate of the bill for medical items and services.

This Good Faith Estimate shows the costs of services that are reasonably expected for the expected services to address your mental health care needs. The estimate is based on the information known to me when I did the estimate. The Good Faith Estimate does not include any unknown or unexpected costs that may arise during treatment (e.g., care team consultations, emergency sessions, etc). You could be charged more if complications or special circumstances occur. If you are billed for \$400 more than this Good Faith Estimate (GFE), federal law allows you to dispute (appeal) the bill. You may contact me using the contact information listed above to let me know the billed charges are at least \$400 higher than the GFE. You can ask me to update the bill to match the GFE, ask to negotiate the bill, or ask if there is financial assistance available.

You may also start a dispute resolution process with the U.S. Department of Health and Human Services (HHS). If you choose to use the dispute resolution process, you must start the dispute process within 120 calendar days (about 4 months) of the date on the original bill. There is a \$25 fee to use the dispute process. If the agency reviewing your dispute agrees with you, you will have to pay the price on this GFE. If the agency disagrees with you and agrees with the health care provider or facility, you will have to pay the higher amount.

For questions or more information about your right to a Good Faith Estimate or the dispute process, visit www.cms.gov/nosurprises or call CMS at 1-800-985-3059 .

This GFE is not a contract. It does not obligate you to accept the services listed above.

Keep a copy of this Good Faith Estimate (GFE) in a safe place or take pictures of it. You may need it if you are billed more than \$400 than the estimate provided above.

Standard Hourly Rates/Fees:

- Initial intake evaluation- \$250
- Individual psychotherapy- \$200
- Family psychotherapy (with or without client present)- \$225
- Psychotherapy for crisis (urgent appointment)- \$250
- Group therapy- \$50
- Phone calls exceeding 15 minutes- \$150
- Letter/report writing- \$100
- Consultation with outside providers (schools, prescribers, etc)- \$150
- Preparation and attendance in legal proceedings- \$225

**Please note, my fees are subject to periodic change, and you will be notified in advance of such changes.*