



### Psychotherapy Insurance Fee Agreement

The fee for each therapy session is \_\_\_\_\_. This is the fee associated with co-pay/co-insurance, and fees are charged after each appointment. If the insurance co-pay is zero a fee will not be charged.

If your insurance benefits change, please let me know so we can adjust if this changes our fee options. While the intent is for this agreement to be temporary, it does not have a time limit. We can review our fee agreement every 6-12 months to make adjustments as they arise and address any potential impacts from the fee when possible.

Our therapy might include other services, with your consent, including talking to other providers, completing letters and other documentation, and interactions outside of our scheduled appointments. These services are typically included in our therapy relationship and do not come with an extra charge. However, if frequent interactions occur outside of a session, I may charge additional fees. I will always discuss this with you and agree on the charges before this occurs.

These extra charges may be:		
Letters and written documentation: \$50	Coordinating with other providers at length: \$0	30 minute phone/video calls outside of our session: 0

Insurance plans have regulations on what is covered and what can be charged, and this rate reflects that plan for most insurance policies. If your policy differs, we will follow what your policy requires.

I have a 48 cancellation policy. If you cancel our appointment less than 48 hours before it is scheduled, you will be charged for the appointment.

Do you have health insurance coverage? This includes private plans like Cigna and programs like Medi-Cal and Tricare.

Yes \_\_\_\_\_ No \_\_\_\_\_

If no, would you like assistance with navigating the health insurance system?

Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, do you intend to submit claims for these appointments? I can give you a superbill with the information needed to submit to your plan.

Yes \_\_\_\_\_ No \_\_\_\_\_

I will provide you with a good faith estimate of our expected fees each year. If you would ever like to receive an additional good faith estimate of the expected charges for our therapy on an individual or yearly basis, you may ask to receive a written estimate and I will provide one within 3 business days. This estimate is available in hard copy, digital, and large-print formats.

A good faith estimate typically includes a DSM (the mental health diagnostic code book) or ICD10 (the physical health diagnostic code book) diagnosis. Diagnoses are complex and I often work by integrating multiple models of understanding your experiences. If we have identified a diagnosis code that we include or work on, it will be included. I list Z71.9, Counseling, if we have not specifically discussed them. We can discuss diagnosis and how it relates to ongoing therapy any time.

Insurance fee rates tend to be set, and rarely change. They cannot typically be increased yearly, or adjusted. At times I or we may be able to negotiate with the insurance provider to increase the rate of payment to reflect cost of living increases, and I may do this every 1-2 years as seems viable. This will never exceed my stated rate, and we can discuss a fee adjustment any time or when a change occurs.

This agreement will be offered every year, and when adjustments occur.