**Estimating Costs for 2023-2024**

Date of Good Faith Estimate: June 1, 2023. This estimate is for assessment and psychotherapy services through June 1, 2024.

**Insurance Reimbursement:**

Many patients submit their bills to their insurance companies approximately once per month for partial or full **reimbursement**. Reimbursement depends on your plan and your deductibles. You can determine in advance if and how much you will be reimbursed by calling the number on the back of your insurance card or checking online. You are encouraged to do this as early as possible in treatment so that you can accurately predict total costs for the year.

When you call your insurer, ask them what their reimbursement rate is under your policy for **CPT code 90834** for a licensed psychologist. If you would like, I will provide you with a detailed receipt each month so that you can seek reimbursement. It is not uncommon for your insurer to ask for additional information. If so, please let me know and I can add any required documentation to the receipt.

**Good faith estimate:**

You are entitled to a good faith estimate for services. My typical diagnostic assessment sessions (billed at a rate of $250 x hour) last between two and seven hours. This represents a range between $500 and $1,750 **before** any insurance reimbursement.

Depending on goals for therapy and form of therapy, I typically see my once per week therapy patients for 10-48 sessions per year at $225 per each 50-minute session. This represents an annual range between $2,250 to $10,800 before any insurance reimbursement. For my twice weekly patients, I typically see them 96 sessions per year. This totals $21,600 annually before any insurance reimbursement. Once you know the amount your insurer reimburses, you can deduct that amount from these estimates to better predict your annual costs. The total number of sessions depends on how frequently you would like to meet, how long you would like to meet, and the types of goals we are working on together.

**Disclaimer**

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 at this time.

The Good Faith Estimate does not include any unknown or unexpected costs that may arise during treatment. You could be charged more if complications or special circumstances occur, such as emergency situations, hospitalizations, court testimony, consultations with other health care providers (such as psychiatrists), or a desire to meet for longer sessions or multiple times per week. If your final bill exceeds the range listed above in the 2023-24 annual cycle, federal law allows you to appeal the bill to make sure that you have been billed appropriately.

You may contact me at any time to let me know the annual billed charges are at least $400 higher than the range listed above. You can ask me to account for the difference, 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 disputed 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 only 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.

To learn more and get a form to start the process, go to:

www.cms.gov/nosurprises or call CMS at 1-800-985-3059.

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 or to continue treatment if you decide to stop treatment.

**This document will be preserved on my website on the “Clinical Services” page. Please also download and keep a copy of this Good Faith Estimate (GFE) in a safe place.**

**Brian Sharpless Inc.**