

## **FEES & PAYMENTS**

Therapy is one of the best investments that you can make for you, your relationship with yourself and others. I am an “out-of-network” provider. If your insurance offers out-of-network benefits, you should receive some reimbursement for the cost of services.

Most insurance companies that provide out-of-network benefits cover approximately 50%-80% of the cost.

If you have questions about what mental health benefits your policy covers, call your insurance company and ask about your insurance:

- Do I have out-of-network mental health benefits?
- Do I have an out-of-network deductible and has it been met?
- Is there a session limit per year?
- Do I need a referral from my primary care physician?
- What will I be reimbursed for the therapy session with a licensed psychologist (CPT Code 90834)?

In consideration for this self-pay appointment, you have been informed and agree to the following rates for your treatment due at the time of each service by credit card or credit card or cash for in person visits.

Self-Pay Rates:

\$220 Initial visit

\$200 follow up 45-50 minutes

\$175 follow up 30 minutes

\$175 personalized alpha stim or meditation session, 30 minutes

\$300 Couples Initial visit

\$275 Couples follow up

You also understand and agree that we will not bill insurance for services provided under this agreement.