FAQs:

Do you take insurance and what are your fees?

- I value confidentiality and believe that you (not your insurance company) should determine your length of treatment; therefore, I do not participate directly in managed care plans.
- In addition, the insurance marketplace is constantly changing, and I would rather stay abreast of current clinical issues than navigate insurance panels.
- If you have an insurance plan that includes out-of-network benefits, you may be able to get reimbursement for my services using a detailed receipt (superbill).
- My fees are comparable to other psychotherapists in the area. Payment is due by cash, check or credit card at the time of the session. I have a 24-hour cancellation policy. If you do not show up for your scheduled therapy appointment, and have not notified me in advance, you will be responsible for the full cost of the session.

What questions do I ask my insurance provider?

- What are my out-of-network Mental Health/Behavioral Health insurance benefits?
- What is my deductible and has it been met?
- How many counseling sessions per year does my health insurance cover?
- What is the "coverage amount" per therapy session?
- Is preauthorization required from my insurance company or primary care physician?

Can I use a Flexible Spending Health Account for payment?

- Yes, clients are typically able to pay with flex spending cards or to get reimbursed from their account with the receipts that I provide.

Do you work alone or with other professionals?

- I work in my own private practice. However, a collaborative approach is helpful for many individuals, and I'm happy to work with your existing treatment team.
- If you do not have a treatment team (physician, dietitian, psychiatrist, etc.) and we agree this would be beneficial, I'd be happy to help you to establish this support network.

Questions? Please contact me for more information. **www.inspiredmindcounseling.com**