

Inspired Mind Counseling
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FAQs:

Do you take insurance and what are your fees?

- **Inspired Mind Counseling (IMC)** values confidentiality and believes that you (not your insurance company) should determine your length of treatment; therefore, IMC does not participate directly in managed care plans.
- In addition, the insurance marketplace is constantly changing, and IMC 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).
- IMC's fees are comparable to other psychotherapists in the area. Please call me for fees. Payment is due 48 hours prior to the initial intake session via **Ivy Pay** using any major credit card.

What is your cancellation policy?

- IMC has a 2- day or **48-hour cancellation policy**. If you do not show up for your scheduled therapy appointment and have not notified me at least 48 hours in advance, you will be responsible for the full cost of the session.
- Insurance typically does not reimburse missed appointments.

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 IMC provides upon request.
- Ivy Pay accepts all major credit cards including FSA/HSA cards.

Do you work alone or with other professionals?

- IMC is a private practice. However, as collaborative approach is helpful for many individuals, IMC is open to working with your existing treatment team.
- If you do not have a treatment team (physician, dietitian, psychiatrist, etc.) and we agree this would be beneficial, IMC will assist you in establishing this support network.

Questions? Please contact IMC for more information.
www.inspiredmindcounseling.com