

Insurance Information

Counseling Rates:

For the initial intake session: \$200 which lasts 50 minutes.

For ongoing individual or family sessions: \$185 for a 50-minute session.

A discount fee schedule (\$150-185) is posted for clients paying out-of-pocket.

Insurance:

I am on the insurance panels of Pacific Source and Tricare. If neither of these is your provider, you may have to pay more out-of-pocket costs to see me.

Services may be covered in part by your health insurance or employee benefit plan.

If you wish, you may want to call your insurance company and ask the following questions:

- What is my out-of-network behavioral health deductible, and has it been met?
- What is the behavioral health coverage amount per therapy session for an out-of-network provider?
- Do sessions need to be preauthorized?

Full payment is due at each session. If you wish to use your out-of-network insurance benefit, I will provide you with a superbill to send to your insurance company. Your insurer will then reimburse a portion of your payment to you, after your out-of-network deductible is met.

Payments:

Cash, check, or credit card at the time of service are accepted for payment.

Cancellation Policy:

If you do not show up for your scheduled therapy appointment, and you have not notified me at least 24 hours in advance, you will be required to pay the full cost of the session.