

Your Right to a Good Faith Estimate

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Under the federal No Surprises Act, if you do not have health insurance or choose not to use your insurance to pay for psychotherapy, you have the right to receive a **Good Faith Estimate** of the expected cost of your care.

A Good Faith Estimate provides information about the anticipated charges for services before they are provided.

You have the right to:

- Receive a written Good Faith Estimate when you schedule services at least three business days in advance, or when you request one.
- Receive an estimate that reflects your individual session fee and the anticipated frequency and duration of services, based on information available at the time.
- Request a Good Faith Estimate before scheduling an appointment.
- Dispute a bill through the federal patient-provider dispute resolution process if the amount charged by a provider is at least \$400 more than that provider's Good Faith Estimate. Generally, you must begin this process within 120 calendar days of receiving the initial bill.

A Good Faith Estimate is not a contract and does not require you to receive a particular number of psychotherapy sessions. The frequency and duration of treatment may change based on your needs and our work together.

Please keep a copy of your Good Faith Estimate for your records.

Questions or requests for an individualized Good Faith Estimate

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For more information about your rights, visit www.cms.gov/nosurprises or call the No Surprises Help Desk at 1-800-985-3059.