

## OFFICE POLICY REGARDING FEES

**NOT ALL DOCTORS PARTICIPATE WITH THE FOLLOWING INSURANCE PROGRAMS. SHOULD YOUR INSURANCE CHANGE, PLEASE CALL TO VERIFY PARTICIPATION.**

- Blue Cross, Univera, GHI, VBH, Value Options, Cigna, Aetna, Nova, TriCare, United Health Care, and others are all managed care plans. Managed care requires us to provide diagnoses and treatment information in order to obtain authorization for treatment and reimbursement.
- It is necessary for you to **bring your benefit card to the office at your initial visit.** Several of the managed care plans also require prior authorization by the member for treatment. *Please review your plan carefully.*
- Many insurance companies do **not** provide coverage for **psychological testing** as part of an evaluation. Since testing is often necessary for diagnostic and treatment purposes, patients will be **billed directly** for those sessions.
- Univera will reimburse at their prevailing rate. There is a possibility of a 50% copay for each visit. Check your contract for all copays or call your Univera customer relations representative for verification of your copay responsibility. **Please be prepared to pay your copay at the time services are rendered.**
- Blue Cross plans vary considerably. Therefore, your financial responsibility will vary in accordance to your contract. Please verify your coverage prior to your initial visit by contacting your Blue Cross customer relations representative and **please be prepared to pay your portion at the time services are rendered.**
- If you have an HMO or Managed Care Insurance company not listed above, please identify your copay with them prior to your initial visit and **please be prepared to pay your portion at the time services are rendered.**
- Private insurance payment is expected at the time of service. For your convenience, we will file your insurance claims for you. **Please provide us with the appropriate forms and information.**
- Please be sure you have done what your insurance company requires. This will ensure you of continued mental health services without interruption.

**For your information, our fee structure is as follows:**

Individual Psychotherapy.....	\$100-\$145 per session
Family Therapy.....	\$100-145 per session
Group Therapy.....	\$40 per session
Written Report **.....	\$75-\$90 (Not a covered service by many insurances. You will be billed directly.)
Computer Testing.....	\$40-\$75 depending on test. (Not a covered service by many insurances. You will be billed directly.)
School Conference.....	\$100-\$145 per hour (Not a covered service by many insurances. You will be billed directly.)
Custodial Evaluation.....	Not a covered service by many insurances. Retainer required prior to appointment. You will be advised of the amount of retainer at time of scheduling.

- The standard fee is charged for appointments not canceled 24 hours in advance.
  - There is a \$35 fee for checks returned for insufficient funds.
- \*\* Written reports will be sent when accounts are paid in full.

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Psychotherapy is not easily described in general statements. It varies depending on the personalities of both the psychologist and patient, as well as the particular problems you are experiencing. There are a number of different methods that may be used to deal with the problems that you hope to address. Psychotherapy is not like a medical doctor visit in that it calls for a very active effort on your part. In order for the therapy to be most successful, you will have to work on the things we talk about not only during our sessions, but also at home. Psychotherapy can have benefits and risks. Since therapy often involves unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and even helplessness. On the other hand, psychotherapy often leads to better relationships, solutions to specific problems, and a significant reduction in feelings of distress. However, *there are no guarantees of what you will experience.*

### MEETINGS

We normally conduct an evaluation that will last from four to seven sessions. By the end of the initial session, we will be able to offer you some first impressions of what our work will include along with a treatment plan to follow if you decide to continue with therapy. You should consider this information along with your own opinions of whether you feel comfortable working with us to decide if you would like to continue. Therapy involves a large commitment of time, money, and energy, so you should be very careful about the therapist you select. If you have questions about our procedures, we should discuss them whenever they arise. If your doubts persist, we will be happy to help you set up a meeting with another mental health professional for a second opinion. If psychotherapy is begun, we will usually schedule one 45-50 minute session per week at an agreed time. However, some sessions may be longer or more frequent depending on the case. **Once an appointment is scheduled, you will be expected to pay for it unless you provide 24 hours advanced notice of cancellation.** It is important to note that insurance companies **do not** provide reimbursement for canceled sessions.

### PROFESSIONAL FEES

Our hourly fees are between \$100 and \$145 with the exception of legal/forensic services. In addition to weekly appointments, we charge for other professional services you may need. These services may include, report writing, consultation with other professionals (with your permission), preparation of records or treatment summaries, and the time spent performing any other service you may request of us. If you become involved in legal proceedings that require our participation, you will be expected to pay for all professional time, including preparation and transportation costs, even if we are called to testify by another party.

### CONTACTING US

Due to our work schedules, we are often not immediately available by telephone. While the office is usually open between 8AM and 5PM, we probably will not answer the phone at all times. When we are unavailable, the telephone is answered by an answering service that knows how to reach us. We will make every effort to return your call on the same day it was made with the exception of weekends and holidays. If you are difficult to reach, please inform us of some times when you will be available. **If at any time you are unable to reach us and feel that you cannot wait for us to return your call, contact your family physician, the nearest emergency room, or Crisis Services (834-3131).** If we will be unavailable for an extended time, we will provide you with the name of a colleague to contact, if necessary.