

Good Faith Estimate

Under the No Surprises Act, which went into effect January 1, 2022, all healthcare providers must inform self-pay clients of their right to receive a Good Faith Estimate. Providers must provide clients with a good faith estimate if one is requested, or after an item or service has been scheduled.

Who is considered a self-pay client?

- Clients without insurance
- Clients opting out to use their insurance and will NOT be submitting Superbills or claims to their insurance later

A Good Faith Estimate is a notification of the expected charges for a scheduled or requested item or service, in this case, the service scheduled or requested is Individual Psychotherapy.

A Good Faith Estimate is not a contract and does not obligate you to obtain said services.

If you are billed an amount that is at least \$400 more than the total amount of the expected charges listed on the good faith estimate, you are entitled to dispute the bill.

For questions or more information about your right to a Good Faith Estimate or the dispute process, visit www.cms.gov/nosurprises/consumers, email FederalPPDRQuestions@cms.hhs.gov, or call 1-800- 985-3059.

Once you receive your good faith estimate, be sure to keep it in a safe place so you can compare it to any bills you get later.