

## GOOD FAITH ESTIMATE - GENERAL

You have the right to receive a “Good Faith Estimate” explaining how much your medical and mental health care will cost.

Under the law, health care providers need to give patients who don’t have insurance or who are not using insurance an estimate of the expected charges for medical services, including psychotherapy services.

You have the right to receive a Good Faith Estimate for the total expected cost of any non-emergency healthcare services, including psychotherapy services.

You can ask your healthcare provider, and any other provider you choose, for a Good Faith Estimate before you schedule a service.

If you receive a bill that is at least \$400 more than your Good Faith Estimate, you can dispute the bill. Make sure to save a copy or picture of your Good Faith Estimate.

For questions or more information about your right to a Good Faith Estimate, visit [www.cms.gov/nosurprises](http://www.cms.gov/nosurprises).

I am a provider that isn’t in your health plan’s network. This means that I do not have an agreement with your plan. I can only provide superbills.

- Review the Good Faith Estimate that I have created for you.
- You may need to call your insurance company for plan information and options. If you are eligible for reimbursement for an out of network provider such as myself, I will submit a superbill on your behalf.
- If you have questions about this notice or your estimate, just ask.
- If you have questions about your rights, contact the No Surprises Helpdesk at [www.cms.gov/nosurprises](http://www.cms.gov/nosurprises) or 1-800-985-3059