

# PRICING 2017: GENERAL INFO & GUIDELINES

- The billable hour for 50 min Session is \$150.00 ***This means this is the amount that is charged to the insurance company.***
- How much the **session will cost you personally is dependant on a variety of factors** such as time and frequency of session, income, insurance type and individual need.
- We will discuss your personal situation at length during your free consultation. In **most** situations we can find a way to make therapy affordable.
- Sliding Scale is available for those who require it and is based on income/personal situation.

## GENERAL GUIDELINES:

### **Most Health Plans (PPO's) with the Exclusion of Kaiser/Magellan**

Most PPO's) are billed using 3rd party reimbursement. This requires that the client pay at the time of services and they are invoiced (typically every 4 sessions). Clients are typically reimbursed by their specific insurance company. The amount of reimbursement varies by plan and provider, although it is common to receive between 60-80% of the billable hour, or a specific dollar amount per session.

**Your Health Savings Account/Flex Account can be utilized for this as well and is PRE TAXED.**

You will be reimbursed the cost of the session through using invoices

Payment Plan Options and Packages Available: Inquire during Consultation

Payment Options Include Credit Card,Paypal, Cash and Check

If you would like to check on this option please call your provider and find out about out of network reimbursement options. A combination of methods can also be used.

### **Kaiser/Magellan**

Kaiser/Magellan: Kaiser typically has not covered mental health care other than what they could provide inhouse. This led to large gaps in coverage. In order to rectify it, they recently

subcontracted with Magellan for their mental health services. This is good news for Kaiser folks, however Magellan being a small company had very few providers on their in-network list and does not do out of network reimbursement.

Magellan is in the process of adding more providers to meet the needs of the Kaiser community. I am in process of being added to their in-network list, however it takes time. In the meantime I am offering sliding scale to Kaiser members for the interim.

There are a limited number of Kaiser slots available

### **Out of Pocket/ Sliding Scale/Other HMO:**

Sliding scale is based on income, frequency of visit, time slot and are limited in number

There are a limited number of sliding scale slots. Flexibility in scheduling allows for greater flexibility in pricing

Sliding Scale is in tiers

Billable Hour: Billable Hour: 150\$- Middle Tier=120\$ Min Tier Evening= 90\$/Min Tier Daytime: 75\$

Please discuss specifics during your free consultation