

Good Faith Estimate

You may ask for a “Good Faith Estimate” explaining how much your medical and mental health care will cost. Under federal law, healthcare 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. My good faith estimate is simple to understand. For instance, a visit with Mary will cost you \$150. You have the right to receive a Good Faith Estimate for the total expected cost of non-emergency healthcare services, including psychotherapy services. Determining how long you should see your counselor is a personal decision that you and your counselor can discuss. You are always welcome to see your counselor as often as you wish for as long as you wish. For example, when you see Mary, each visit will cost \$150. If you see Mary 10 times, that will cost a total of \$1,500. You will be billed for each session. If you do not pay at the time of service, no further appointments will be made. For questions or more information about your right to a Good Faith Estimate, visit www.cms.gov/nosurprises.