

## THE “NO SURPRISES ACT”

The “No Surprises Act” went into effect January 1, 2022 for private pay medical services. This is for clients that are paying cash and not submitting their charges to their insurance for reimbursement. A “Good Faith Estimate” of your charges is to be given for your services. This estimate must be revised every year.

This Good Faith Estimate shows the costs of items and services that are reasonably expected for your health care needs for an item or service. The estimate is based on information known at the time the estimate was created.

The amount you are charged per session will be listed on the estimate. We do not know the exact total cost of psychotherapy due to the unpredictability of issues and life crises that can arise during our work together. For that reason, you may receive estimates for one time per week psychotherapy and for example, two times per week psychotherapy in the event of a crisis.

If you are billed for more than this Good Faith Estimate, you have the right to dispute the bill. You may contact me to let me know that the charges are higher than the Good Faith Estimate. You can ask to update the bill to match the Good Faith Estimate, ask to negotiate the bill or ask if there is financial assistance available.

You may also start a dispute resolution process with the U.S. Department of Health and Human Services (HHS). If you choose to use the dispute resolution process, you must start the dispute process within the 120 calendar days (about 4 months) of the date on the original bill.

There is a \$25 fee to use the dispute process. If the agency reviewing your dispute agrees with the provider, you will have to pay the price on this Good Faith Estimate. If the agency disagrees with you and agrees with the health care provider or facility, you will have to pay the higher amount.

For more information go to [www.cms.gov/nosurprises](http://www.cms.gov/nosurprises).