

## No Surprises Act

As of January 1, 2022, you have the right to receive a “Good Faith Estimate” explaining how much your medical care will cost under the No Surprises Act. Under the law, healthcare providers need to give patients an estimate of the bill for medical items and services.

Below you will find the session rates and estimates of cost to best assist you. Although Be Well Counseling will discuss an initial treatment plan with you regarding our recommended session frequency and revisit your session needs ongoing, you will confirm and consent to only one session at a time which your therapist will confirm with you at the end of each session. Any upcoming sessions that have not been confirmed have the potential to be canceled or rescheduled. Meaning, you will never receive or be surprised by additional services that you have not agreed to and understand fully. Below is an example of costs based on a rate of \$220. A ‘pay as you need’ scale is optional, beginning at \$150, and may be discussed in the initial phone consultation.

Provider: Be Well Counseling, LLC  
NPI: 1295285500

50-minute session

- Cost for first meeting // Initial Intake Meeting for new clients: CPT 90791: \$220
- Cost per session // Psychotherapy Session CPT 90834: \$220

*To make best progress, I require that new clients begin with weekly sessions for the first 8-10 weeks (total: \$1760).* This allows us the necessary time to assess and understand your presenting concerns, build our relationship, and begin any immediate skill building you may need. After this initial period, most clients continue at this weekly frequency or reduce to biweekly depending on your progress, needs at that time and collaboration with your therapist. Due to the fact that your treatment planning is ongoing and dependent on your individual progress and needs, I would like you to be aware that 24 sessions a year (biweekly schedule) would be \$5280 for a year of therapy and that 48 sessions a year (weekly sessions) would be \$10560 for a year to assist you in your estimation. Monthly sessions are only granted for those that have already met their primary treatment goals and when seeking ongoing wellness support is appropriate for their long term wellness goals. Any diagnostic codes will not be identifiable until you begin treatment. Any diagnoses will not affect the cost of the session but would inform your treatment plan which would include suggested session frequency.

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<https://mentalhealthmatch.com/articles/therapy/good-faith-estimate>

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