

## INSURANCE & PAYMENT INFORMATION

- Try not to get discouraged. If you need help navigating this, give us a call. We are working hard to give you access to mental health care.

### Accepted Payment Methods

- American Express
- Discover
- Mastercard
- Visa
- Health Savings Account (HSA)
- We require a credit card on file no matter how you pay for sessions.

### Rates: Paid by self-pay or insurance

- Associate Clinicians \$160 per session (53 minutes)
- Licensed Clinicians: \$180 per session (53 minutes)
- Licensed Clinician & Owner of Practice : \$200 per session (53 minutes)
- Assessment (first session) \$225 per session (60 minutes)
- Group Therapy \$50 per 90 minute session
- PMHNP Rates depend on session length and complexity (Not offered currently)

### Not covered by any insurance: Self pay

- Appear in court \$1500 per day (despite length of appearance or clinician)
- Letters or extra paperwork \$40 per 15 minutes
- Consultation with other providers \$40 per 15 minutes
- Case management \$40 per 15 minutes
- Records \$35 or up to amount allowed. Often this is paid by someone else (e.g. disability services). This is determined by State of Oregon and is in our Fee document.
- No Show or Late Cancellation Fees \$160 (<24 hours before appointment unless an emergency)

### Insurance In-Network (INN): Will vary by clinician.

#### Stephanie

- Pacific Source Commercial
- AETNA
- Regence Blue Cross Blue Shield
- Moda
- United

- Providence
- OHP including Open Card
- OHP Health Share
- OHP Trillium
- OHP Pacific Source Community Solutions

#### Associate Clinicians (all)

- Pacific Source Commercial
- AETNA
- Providence
- OHP Health Share
- OHP Trillium
- OHP Pacific Source Community Solutions

\*\*\* Questions to ask your insurance company regarding your in network (INN) benefit coverage?

- What are my outpatient in network mental health benefits?
- Do I have mental health insurance benefits?
- Do I have a co-pay or a co-insurance and what is the amount?
- What is my deductible and has it been met?
- How many sessions per year does my health insurance cover?
- Do I need a prior authorization for services?
- What is the reference number for this call, and who am I speaking to?

#### Insurance Out of Network (OON): Only licensed clinicians can accept OON.

Please call to find out whether we can accept your insurance out of network. We can often accept these plans for licensed providers.

\*\*\*Questions to ask your insurance company regarding your out of network (OON) benefit coverage?

- What are my out of network benefits?
- How can I get reimbursed for sessions I pay for with an out of network provider?

