

INSURANCE & PAYMENT INFORMATION

- Don't get discouraged. If you need help navigating this, give up 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)

Rates: Paid by self-pay or insurance

- Associate Clinicians \$150 per session (53 minutes)
- Licensed Clinicians: \$185 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)
- Letters or extra paperwork \$35 per 15 minutes
- Consultation with other providers \$35 per 15 minutes
- Case management \$35 per 15 minutes
- Records \$35 or up to amount allowed. Often this is paid by someone else (e.g. disability services)
- No Show or Late Cancellation Fees \$150 (<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
- Providence
- OHP Health Share
- OHP Trillium
- OHP Pacific Source Community Solutions

*** Questions to ask regarding 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 regarding 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?

