

Good Faith Estimate “No Surprises Act”

The “No Surprises Act” went into effect 1/1/2022 and is described as “*new federal protections against surprise medical bills that take effect in 2022. Surprise medical bills arise when insured consumers inadvertently receive care from out-of-network hospitals, doctors, or other providers they did not choose.*” All health care providers are obligated to post a notice about this act at their offices or on their websites.

It is improbable that our work together will be affected by this act since there are no circumstances in which you would “inadvertently” receive care from me without your choice and consent. For example, if we currently work together, you are already aware of who I am, my charges and your costs.

If you are considering working with me, available information on NSA suggests I might need to provide you with a diagnosis and an estimate of total costs before we even meet, which of course would be both unethical and impossible without a meaningful evaluation of your circumstances. The final rules about how to implement this in a practice such as mine have not yet been written by the federal government.

I am and will be transparent with you about the costs of the services we agree on together. It is in my Office Policies and informed consent form which you sign before we begin working together. There are “no surprises” in our work together because transparency is required by the ethical standards of the professional associations to which I belong and by which I have abided for the over 30 years I have been in practice. I am keeping abreast of the situation and will let you know if new guidance or information is relevant to our work together. Feel free to contact me if you have any related questions.

Regardless of the above, if you are a private paying customer (e.g., you are not using insurance to pay for our work together), you have the right to receive information regarding a “Good Faith Estimate” (GFE) of how much your psychological care will cost. If you are interested, please discuss this with me and I will be happy to provide you with a GFE in writing.

- You have the right to receive a GFE for the typical total expected cost of any non-emergency items or services. For the purposes of psychological treatment this may include costs related to intake, psychotherapy session fees, psychological assessment fees, and crisis session fees.
- Please discuss this with me prior to scheduling initial services and I will be happy to provide you with a GFE in writing.
- If during the course of your treatment, you receive an unexpected bill that is at least \$400 more than your Good Faith Estimate, you can dispute the bill.

For questions or more information about your right to a Good Faith Estimate, visit: www.cms.gov/nosurprises or call 1-800-985-3059.