

**Into the Light
Mental Health and Consulting Services, Inc.
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Good Faith Estimate

In compliance with the “No Surprises Act” that goes into effect January 1, 2022, all healthcare providers are required to notify clients of their rights and protections against surprise costs associated with your healthcare. You have a right to receive notifications when services are rendered by an out-of-network provider, if you are uninsured, or if you elect not to use your insurance. A Good Faith Estimate is explaining how much your ESTIMATED psychotherapy care will cost based on CURRENT symptoms as well as CURRENT rates. Note that this is an estimate only and subject to change based on change in symptoms or other life events. There may be additional items or services that are ethically recommended as part of the treatment that will be scheduled separately and are not reflected in the Good Faith Estimate. Actual items, services, or charges may differ from the Good Faith Estimate. The Good Faith Estimate does not require you to obtain psychotherapy or other services from this provider, and you are able to choose any provider of your choosing of your own free will. If you receive a bill that is at least \$400 more than your Good Faith Estimate, you can dispute the bill by using the resolution process by contacting this provider for a potential resolution, or proceeding with a different resolution. Make sure to save a copy or picture of your Good Faith Estimate. For questions or more information about your right to a Good Faith Estimate, visit www.cms.gov/nosurprises

Client Name*: _____ DOB*: _____

Primary diagnosis code and description: F43.20 - Adjustment Disorder, Unspecified
Description and code of psychotherapy services to be furnished and expected cost

| | |
|--|--|
| 90791 - Integrated Biopsychosocial Assessment | \$275 One-time fee unless more than 3-month service lapse |
| 90837 - Individual Psychotherapy | \$225 per 50-minute session |
| 90847 - Ongoing Couples Therapy | \$250 per 50-minute session |

An itemized list of items or services that are “reasonably expected” to be furnished:

Integrated Biopsychosocial Assessment: **1**

Individual Sessions: **4** Expecting ongoing services? **Yes**

Couples Sessions: **2**

Estimated one time total for assessment: \$275

Estimated monthly and yearly totals varies depending on client’s choice as well as current symptoms

I acknowledge that the Good Faith Estimate was explained to me and that I affirm that I have read and understand this form to the best of my ability.

Client Signature*: _____ Date*: _____