

**Heather Graham, M.A., LPC-A**

**Supervised by: Jenny Gagnon, M.Ed, LPC-S**

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## **THE NO SURPRISES ACT**

### **STANDARD NOTICE AND CONSENT DOCUMENTS**

(OMB Control Number: 0938-1401)

### **SURPRISE BILLING PROTECTION FORM**

**The purpose of this document is to let you know about your protections from unexpected medical bills. It also asks whether you would like to give up those protections and pay more for out-of-network care.**

**IMPORTANT: You aren't required to sign this form and shouldn't sign it if you didn't have a choice of health care provider when you received care. You can choose to get care from a provider or facility in your health plan's network, which may cost you less.**

**If you'd like assistance with this document, ask your provider or a patient advocate. Take a picture and/or keep a copy of this form for your records.**

You're getting this notice because this provider or facility isn't in your health plan's network. This means the provider or facility doesn't have an agreement with your plan.

**Getting care from this provider or facility could cost you more.**

If your plan covers the item or service you're getting, federal law protects you from higher bills:

- When you get emergency care from out-of-network providers and facilities, or
- When an out-of-network provider treats you at an in-network hospital or ambulatory surgical center without your knowledge or consent.

Ask your health care provider or patient advocate if you need help knowing if these protections apply to you.

If you sign this form, you may pay more because:

- You are giving up your protections under the law.
- You may owe the full costs billed for items and services received.
- Your health plan might not count any of the amount you pay towards your deductible and out-of-pocket limit. Contact your health plan for more information.

You **shouldn't** sign this form if you **didn't** have a choice of providers when receiving care. For example, if a doctor was assigned to you with no opportunity to make a change.

Before deciding whether to sign this form, you can contact your health plan to find an in-network provider or facility. If there isn't one, your health plan might work out an agreement with this provider or facility, or another one.

See below for your cost estimate.

### **Estimate of what you could pay**

**Out-of-network provider(s) or facility name:** Heather Graham, M.A. LPC-A Supervised by Jenny Gagnon M.Ed, LPC-S

**Total cost estimate of what you may be asked to pay:** It is your ethical right to determine your goals for treatment and how long you would like to remain in therapy unless you are pursuing mandatory treatment. Please see the breakdown of possible fees below.

- ▶ **Review your detailed estimate.** See below for a cost estimate for each item or service.
- ▶ **Call your health plan.** Your plan may have better information about how much of these services are reimbursable.
- ▶ **Questions about this notice and estimate?** Call: Heather Graham M.A, LPC-A Supervised by Jenny Gagnon, M.Ed, LPC-S at 469-826-7108.
- ▶ **Questions about your rights?** Contact: Texas Behavioral Health Executive Council, Texas State Board of Examiners of Professional Counselors

333 Guadalupe St, Tower 3, Room 900 | Austin, Texas 78701 | (512) 305-7700  
Investigations/Complaints 24-hour, toll-free system (800) 821-3205

### **Prior authorization or other care management limitations**

Except in an emergency, your health plan may require prior authorization (or other limitations) for certain items and services. This means you may need your plan's approval that it will cover an item or service before you get them. If prior authorization is required, ask your health plan about what information is necessary to get coverage.

### **More information about your rights and protections**

Visit <https://www.cms.gov/files/document/model-disclosure-notice-patient-protections-against-surprise-billing-providers-facilities-health.pdf> for more information about your rights under federal law.

**By signing, I give up my federal consumer protections and agree I might pay more for out-of-network care.**

With my signature, I am saying that I agree to get the items or services from:

**Heather Graham M.A, LPC-A Supervised by Jenny Gagnon, M.Ed, LPC-S**

**101 S. Fannin St, Suite 109, Rockwall, TX 75087**

**469-826-7108**

**HeatherGrahamCounseling@gmail.com**

With my signature, I acknowledge that I am consenting of my own free will and am not being coerced or pressured. I also understand that:

- I'm giving up some consumer billing protections under Federal law.
- I may get a bill for the full charges for these items and services or have to pay out-of-network cost-sharing under my health plan.
- I was given a written notice on/after January 1, 2022, and before services were rendered explaining that my provider or facility isn't in my health plan's network, the estimated cost of services, and what I may owe if I agree to be treated by this provider or facility.
- I got the notice either on paper or electronically, consistent with my choice.
- I fully and completely understand that some or all amounts I pay might not count toward my health plan's deductible or out-of-pocket limit.
- I can end this agreement by notifying the provider or facility in writing before getting services.

**IMPORTANT:** You **don't** have to sign this form. But if you don't sign, this provider or facility might not treat you.

**Take a picture and/or keep a copy of this form.**

**It contains important information about your rights and protections.**

**More details about your estimate**

**Out-of-network provider(s) or facility name:**

Heather Graham M.A. LPC-A Supervised by Jenny Gagnon, M.Ed, LPC-S

101 S. Fannin St, Suite 109, Rockwall, TX 75087

License #: 91417

The amount below is only an estimate; it isn't an offer or contract for services. This estimate shows the full estimated costs of the items or services listed. It doesn't include any information about what your health plan may cover. This means that the final cost of services may be different than this estimate.

**Contact your health plan to find out how much, if any, your plan will pay and how much you may have to pay.**

**GOOD FAITH ESTIMATE**

## **LIST OF SERVICES AND FEES**

### **Description**

### **Fee for Service (Number of Sessions Will Be Determined as We Progress)**

(90791) Initial Diagnostic Evaluation, 50 minutes

\$75

(90832) Psychotherapy, 25 minutes

\$40

(90834) Psychotherapy, 50 minutes

\$75

(90837) Psychotherapy  $\geq$  50 minutes (This fee is my hourly rate & used for all prorated calculations as indicated)

\$75

(90839) Psychotherapy for a Crisis, 50 minutes

\$75

(90845) Psychoanalysis, 50 minutes

\$75

(90846) Family Psychotherapy without Patient Present, 50 minutes

\$75

(90847) Family Psychotherapy with Patient Present, 50 minutes

\$75

(90853) Group Psychotherapy, 50 minutes

\$75

(98966-98968) Telephone Assessment & Management, 20+ minutes

Prorated based on the amount of time spent at hourly rate

(98970-98972) Online Digital Evaluation & Mgt, 20+ minutes

(Responding to Email & Text Messages)

Prorated based on the amount of time spent at hourly rate

CANCELATION FEE: Your Therapist Requires a 24-Hour Cancellation Notice

You are Responsible for the Fee of the Appointment Missed

Production of Records, 60 minutes

\$120

Legal Fees, 60 minutes

\$120

**Total Estimate:**

This Good Faith Estimate explains your therapist's rate for each service provided. Your therapist will collaborate with you throughout your treatment to determine how many sessions and/or services you may need to receive the greatest benefit based on your diagnosis(es)/presenting clinical concerns.

Please note that Place of Service (in office vs. telehealth) is not delineated above since the charges are identical.

Centers for Medicare & Medicaid Services. (2021). *Standard Notice and Consent Documents Under the No Surprises Act (For use by nonparticipating providers and nonparticipating emergency facilities beginning January 1, 2022)*.

By signing this form, I certify:

- That I have read or had this form read and/or had this form explained to me.
- That I fully understand its contents including the risks and benefits of the procedure(s).
- That I have been given ample opportunity to ask questions and that any questions have been answered to my satisfaction.

\_\_\_\_\_  
Client Signature (Client's Parent/Guardian, if under 18)

\_\_\_\_\_  
Date