

## **You have the right to receive a "Good Faith Estimate" explaining how much your psychotherapy will cost**

Under the law, health care providers need to give **patients who don't have insurance or who are not using insurance** an estimate of the bill for services.

- You have the right to receive a Good Faith Estimate for the total expected cost of any non-emergency services. This includes all related costs.
- You can ask for a Good Faith Estimate in writing at least 1 business day before your therapy session or before you schedule any session.
- If you receive a bill that is at least \$400 more than your Good Faith Estimate, you can dispute the bill.
- 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](http://www.cms.gov/nosurprises) or call Deborah Meints-Pierson, LMFT at 760.773.0669

**To request a Good Faith Estimate, please contact Deborah Meints-Pierson, LMFT at [deborahmeints@yahoo.com](mailto:deborahmeints@yahoo.com) and be sure to include "Requesting Good Faith Estimate" in the subject line of the email or call Deborah at 760.773.0669**