

# Hope and Meaning

## C O U N S E L I N G

We are in network with Aetna, Amerihealth, Blue Cross Blue Shield, Cigna, Compsych, Highmark Blue Shield, HMSA, Independence Blue Cross, Lyra, Magellan, Meritain, Optum, Quest Behavioral Health, Trustmark, United Healthcare. We are not in network with Medicare or Medicaid. We also accept several employee assistance programs and PA State Victims Compensation Assistance.

We recommend asking these questions to your insurance provider to help determine your benefits:

- Does my health insurance plan include mental health benefits?
- Do I have a deductible? If so, what is it and have I met it yet?
- Do I have a copay? If so, what is the copay for outpatient in office and/or outpatient telehealth?
- Does my plan limit how many sessions per calendar year I can have? If so, what is the limit?
- Are the following Services Covered? (*Current Procedural Terminology codes, are how medical professionals document and report medical intervention and evaluations*)
  - Intake Appointment: CPT Code, 90791
  - Psychotherapy Sessions
    - 60-minute: CPT Code, 90837
    - 45-minute: CPT Code, 90834
    - 16-30 minute: CPT Code, 90832
  - Please contact us directly for assistance with other services that may be reimbursable by insurance

Should you desire to submit an invoice to your insurance company to obtain an out of network benefit, we will be happy to provide one for you.

We accept all major credit cards including credit, debit, HSA and FSA cards. Most HSA and FSA cards can be processed electronically; however, this is not guaranteed. We can provide you with an invoice to submit to the company that manages the card. Checks and cash are accepted. To make payment easy, we use our client portal to collect payment. Our client portal is HIPAA-secure, PCI protected, and keeps your information confidential. We expect payment at the time the services are rendered. Lastly, we can secure appointments as long as we have a valid card on file.

We offer self-pay rates for uninsured and for high deductible insurance policies, when available, with pre-licensed clinicians working under the supervision of Bonnie Healey LCSW, CADC and Molly Cogan, LPC.

Our 2023 self-pay rates are as follows:

- \$80/intake session
- \$70/ 60-minute psychotherapy session

We take much pride in being a teaching counseling group. Under the supervision of Karen Reiss, LSW and Molly Cogan, LPC we offer low fee counseling sessions through our internship services.

Our 2023 low-cost internship services are as follows:

- \$35/intake 60-minute session
- \$35/60-minute psychotherapy session.