

QUESTIONS FOR INSURANCE COMPANY – OUT-OF-NETWORK BENEFITS

The following form will help you to obtain the necessary information to ensure that your insurance company will reimburse you, at least in part, for my services.

Steps to determine your benefits:

In order to determine what your benefits are, please do the following:

- Call the customer service number on the back of your insurance card (the number for Mental Health if they have it).
- Tell them you will be seeing a licensed psychologist who is an out-of-network provider.

Ask the following questions:

What is the reimbursement rate for individual/couple's therapy? _____
(FYI - This rate will vary between different companies and contracts.)

Do I have an annual deductible that must be met? YES / NO

If yes:

Has my deductible been met yet this year? YES / NO

Are there a maximum number of visits allowed per year? YES / NO

If yes:

What is this maximum number? _____

Record the name of the person you spoke with and the date of your telephone call.

Name: _____ Date: _____