

## Questions to ask your insurance provider for in network coverage:

1. Does my health insurance plan include mental health benefits? YES or NO
  
2. Do I have to meet my deductible before sessions are covered? YES or NO  
If Yes:
  - a. What is my Deductible? \_\_\_\_\_
  - b. How much of my deductible have I met? \_\_\_\_\_
  
3. What is my copay or co-insurance per session? \_\_\_\_\_
  
4. How many sessions per calendar year does my plan cover? \_\_\_\_\_
  
5. Do I need written approval from my primary care physician for services to be covered? YES or NO
  
6. Does this plan cover telehealth visits for mental health? YES or NO  
If Yes:
  - a. Is the coverage the same as in office visits? \_\_\_\_\_
  - b. Is this telehealth coverage under the same plan? \_\_\_\_\_
  
7. Is Jessica Stoops an in-network provider on this plan and is she an in-network provider for telehealth coverage? YES OR NO
  
8. Can I please have a reference number for this call? \_\_\_\_\_