

Questions to ask your insurance provider for out of network coverage:

1. Does my plan provide out-of-network reimbursement for mental health?
2. Do I have a deductible I need to meet before you will start to reimburse me?
3. What does reimbursement look like after I meet my deductible?
4. Is there a maximum amount you will reimburse with a year or period of time?
5. Do I need a diagnosis on the statement I receive from my therapist?
6. Can I please have a reference number for this call? _____