

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

1. Does my health insurance plan include mental health benefits?
2. Do I have to meet my deductible before sessions are covered?  
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?
6. Does this plan cover telehealth visits for mental health?  
If Yes:
  - a. Is the coverage the same as for 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?
8. Can I please have a reference number for this call?