

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 within a year or period of time?
5. Do I need a diagnosis on the statement I receive from my therapist?
6. Do I need written approval from my primary care physician for services to be covered?
7. Does this plan cover telehealth visits for mental health?
If Yes:
 1. Is the coverage the same as for in-office visits?
 2. Is this telehealth coverage under the same plan?
8. Can I please have a reference number for this call?