

CALLING YOUR INSURANCE COMPANY FOR BENEFITS

The following is a form concerning your **outpatient mental health benefits**. Since mental health is sometimes different than going to a medical doctor we advise you to contact your insurance company. By contacting the insurance company you will have a better understanding of your benefits and should know what percentage you will be responsible for at each visit with your psychologist. All insurance companies are different, so please make no assumptions as to what is covered or not covered. This form is for you to keep so you will know what is covered. If you are seeking psychological testing, please contact our office for further information.

On the back of your health insurance card there should be a toll free number for you to call for your mental health/behavioral health benefits. If you don't have a card you should have a benefits manual with the number in it. The following are the questions you should ask the representative when calling:

I am calling to get my outpatient mental health benefits. If your mental health benefits are covered under a managed care ask them the name of the managed care and the number for future questions. _____

Is psychotherapy (90834 or 90837) by a Licensed Clinical Psychologists (Ph.D.) covered under my plan? _____yes _____no

The doctor's name I am seeing is _____ is he/she in network or out of network on this policy? _____In Network _____Out of Network

If out of network, do I have out of network benefits? ___yes ___no

What is my deductible for mental health? _____ is this deductible per calendar year? _____yes _____no

Are there a limited number of visits per calendar year? If yes how many? _____

Is there a maximum dollar amount per year? ___yes ___no

If yes, how much? \$ _____

Lifetime Maximum? \$ _____

What is my percentage of coverage? _____%

What is my co-pay/co-insurance? _____

Do I need any pre-authorization for treatment? _____yes _____no

If yes, how many sessions are authorized before a treatment plan is required? _____

Is psychological testing (96101) by a Licensed Clinical Psychologist (PhD) covered under my policy? ___yes ___no If yes, must it be approved? ___yes ___no