

## You have the right to receive a “Good Faith Estimate” explaining how much your medical care will cost.

Under the law, health care providers need to give patients who don't have insurance or who are not seeking reimbursement from insurance an estimate of their bill for medical items and services.

- You have the right to receive a Good Faith Estimate for the total expected cost of any non-emergency items or services. This includes costs such as psychotherapy fees and the anticipated frequency of sessions.
- You may ask Dr. Rachel Thompson to give you a Good Faith Estimate in writing at least 1 business day before your initial psychiatric evaluation. You can also ask for a Good Faith Estimate before you schedule an initial evaluation. However, please note that this estimate will likely need to be revised after the initial evaluation, as the estimated number of sessions needed for a given patient varies widely by diagnosis, symptom severity, and treatment goals.
- If you receive a bill that is at least \$400 more than your Good Faith Estimate, you can dispute the bill.
- Make sure to save a copy or picture of your Good Faith Estimate. For questions or more information about your right to a Good Faith Estimate, visit [www.cms.gov/nosurprises](http://www.cms.gov/nosurprises) or call CMS at 1-800-985-3059.