



Rachel Gladys Therapeutic Services Good Faith Estimate

You have the right to receive a "Good Faith Estimate" explaining how much your health care will cost.

Beginning January 1, 2022, federal law regulating client care was updated to include the "No Surprises Act." Under the law, healthcare providers must give patients who don't have insurance or are not using insurance an estimated cost for out-of-network medical services, called a "Good Faith Estimate" (GFE).

Good Faith Estimates increase transparency between the patient and provider by providing the costs of services up-front and before beginning services, protecting patients from surprises upon receiving medical bills.

Under this law, mental health practitioners must provide Good Faith Estimates indicating the potential costs of services reasonably expected for a specific mental-health diagnosis or reason for pursuing therapy.

Many factors make it challenging to give an estimate of how long it will take for a client to complete therapeutic treatment. Much depends on the individual client and their goals in seeking therapy; some clients are satisfied with a reduction in symptoms, while others continue longer because it feels beneficial to do so. Others begin to schedule less frequently and may continue to come in for occasional "maintenance" appointments or if new issues arise. Ultimately, as the client, it is your decision when to stop therapy.

Rachel Gladys Therapeutic Services recognizes that every client's therapeutic journey is unique. How long you desire to be in therapy and how often you attend sessions will be influenced by many factors, including:

- Your schedule and life circumstances;
- Therapist availability;
- Ongoing life challenges;
- The nature of your specific challenges and how you chose to address them;
- Personal finances.

At Rachel Gladys Therapeutic Services, we can continue to assess your/your child's symptoms and progress toward treatment goals. This will inform us in deciding the appropriate frequency of therapy sessions and when to consider discharge.

Rachel Gladys, LPC-MHSP, NCC, is not paneled with any insurance providers and does not accept insurance. Services are only provided on a self-pay basis.

The Good Faith Estimate shows the costs of services reasonably expected for your health care needs. The estimate is based on information known when the estimate was created. The Good Faith Estimate does not include any unknown or unexpected costs that may arise during treatment. You could be charged more if complications or special circumstances occur. Should this happen, federal law allows you to dispute (appeal) the bill.

The Good Faith Estimate is not a contract and therefore does not require you to obtain the services Rachel Gladys, LPC-MHSP, NCC, provides. The therapeutic relationship between client and therapist is founded upon the client's right to autonomy and self-determination. Therefore, you (as the client) have a right to terminate services at any time.

If you are billed for more than the Good Faith Estimate, you have the right to dispute the bill. You may contact Rachel Gladys, LPC-MHSP, NCC, if the billed charges exceed the Good Faith Estimate. You can ask for the bill to be updated to match the Good Faith Estimate, ask to negotiate the bill, or ask if financial assistance is available.

You may also start a dispute with the U.S. Department of Health and Human Services (HHS). If you choose to use the dispute resolution process, you must begin the dispute process within 120 days of the date on the original bill. There is a \$25 fee to use the dispute process. If the agency reviewing your dispute agrees with you, you must pay the price on the Good Faith Estimate. If the agency disagrees with you and agrees with the health care provider, you will have to pay the higher amount. For questions or more information about your right to a Good Faith Estimate or the dispute process, visit: www.cms.gov/nosurprises or call 1.800.985.3059.

Good Faith Estimate

Services Provided by Rachel Gladys, LPC-MHSP, NCC

TN License No. 5126

Rachel Gladys Therapeutic Services, LLC

Psychotherapy and professional counseling for children, adolescents, and parents

EIN 86-1321596

311 22nd Ave. N., (Second Floor)

Nashville, TN 37203

Services are rendered/delivered at the above address.

Common services provided at Rachel Gladys Therapeutic Services:

- **90791: Intake session**
90-minute adult: \$270.00
75-minute adult: \$225.00
90-minute child or adolescent: \$288.00
75-minute child or adolescent: \$240.00
- **90835: 50-minute psychotherapy session**
Adult: \$150.00
Child or Adolescent: \$160.00
- **90837: Extended psychotherapy session**
90-minute adult: \$270.00
75-minute adult: \$225.00
90-minute child or adolescent: \$288.00
75-minute child or adolescent: \$240.00

Below is an estimate of cost/month/year assuming weekly therapy:

Adult (assuming 50-minute weekly sessions)

\$150 x 4 sessions/month = \$600/month
\$600/month x 12 months/year = \$7200/year

Child or Adolescent (assuming 50-minute weekly sessions)

\$160 x 4 sessions/month = \$640/month
\$640/month x 12 months/year = \$7680/year

A note about diagnosis:

At Rachel Gladys Therapeutic Services, LLC, diagnoses are not typically given until I believe a specific diagnosis to be accurate extended evaluation and assessment, and until consultation with the client, at which time the client and myself agree that having a mental health diagnosis is likely in the best interest of the client.

In lieu of using diagnoses, I typically utilize Z-Codes to represent general areas of concern to be addressed in therapy.

Common diagnostic codes used at Rachel Gladys Therapeutic Services:

- Z62.820 Parent-Child Relational Problem
- Z62.891 Sibling Relational Problem
- Z62.898 Child Affected by Parental Relationship Distress
- Z63.0 Relationship Distress with Spouse or Intimate Partner
- Z63.5 Disruption of Family by Separation or Divorce
- Z63.8 High Expressed Emotion Level Within Family
- Z63.4 Uncomplicated Bereavement
- Z55.9 Academic or Educational Problem
- Z56.9 Other Problem Related to Employment
- Z60.0 Phase of Life Problem
- Z60.9 Unspecified Problem Related to Social Environment
- Z65.3 Problems Related to Other Legal Circumstances
- Z65.8 Religious or Spiritual Problem
- Z65.8 Unspecified Problem Related to Unspecified Psychosocial Circumstances
- Z91.5 Personal History of Self-Harm
- Z91.89 Other Personal Risk Factors
- Z72.9 Problem Related to Lifestyle