

The No Surprises Act

At the end of 2020 Congress passed the No Surprises Act, as part of the Consolidated Appropriations Act, with the intention of protecting patients from surprise medical bills arising out of certain out-of-network care. In accordance with this act, as of January 1, 2022, all health care providers are now required to give uninsured and self-pay patients a Good Faith Estimate of costs for services. This includes psychotherapy services.

While fees are explained at the start of therapy, and accessible on our website, this act requires clinicians and other healthcare providers to be clear and provide, in writing, fee structures and expected costs of care. If you are considered a “self pay” client (either choose to not utilize health insurance or intend to submit a claim for services for insurances where Reflections Psychotherapy, P.C. is considered out-of-network), you will receive your individualized Good Faith Estimate directly from us. This Good Faith Estimate is not a contract between the provider and client, and does not require you receive the services that are identified.

You have the right to dispute your bill, if actual charges substantially exceed the good faith estimate. Initiation of this process will not adversely affect the quality of healthcare services provided to you.

For questions or more information about your right to a Good Faith Estimate, visit www.cms.gov/nosurprises.