

GOOD FAITH ESTIMATE NOTICE

Federal No Surprises Act

Your Right to a Good Faith Estimate

Under federal law, including the No Surprises Act, you have the right to receive a **Good Faith Estimate** explaining the expected cost of non-emergency health care services if you do not have insurance or if you choose not to use insurance.

This requirement applies to self-pay and uninsured services provided by health care providers, including mental health professionals.

What Is a Good Faith Estimate?

A Good Faith Estimate is a **written estimate of the expected charges** for scheduled non-emergency services. For psychotherapy and counseling services, the estimate reflects the anticipated cost of professional services provided by this practice based on the information available at the time the estimate is prepared.

The estimate:

- Is provided before services are delivered
- Includes expected charges for scheduled services
- Is not a guarantee of final charges
- May change if services or circumstances change

The estimate does not include services that are not provided, ordered, or billed by this practice.

When Will I Receive a Good Faith Estimate?

- Services scheduled **3–9 business days in advance**:
Estimate provided **at least 1 business day before** the service.
- Services scheduled **10 or more business days in advance**:
Estimate provided **at least 3 business days before** the service.
- Estimates may be requested prior to scheduling.

For ongoing services such as psychotherapy, the estimate may reflect a **period of care** and may be updated if services change.

If Your Bill Is Higher Than the Estimate

If you receive a bill that is **at least \$400 more** than the amount listed in your Good Faith Estimate, you have the right to dispute the bill through the federal Patient-Provider Dispute Resolution process.

You should retain a copy of your Good Faith Estimate for your records.

Questions or Disputes

For more information about your rights or how to initiate a dispute:

<https://www.cms.gov/nosurprises>
1-800-985-3059

Notice Regarding This Document

This document is provided as a **general notice of rights** under federal law.

It does not replace the **individualized Good Faith Estimate** that is provided to clients in writing prior to services.

Actual charges may vary if services, frequency, or scheduling circumstances differ from those reflected in the estimate.