

Good Faith Estimate

Under the No Surprises Act (which went into effect on January 1, 2022), health care providers need to give **clients or patients who do not have insurance or who are not using insurance** an estimate of the 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 (under the law/when applicable as this private practice only participates in an outpatient level of counseling services) related costs like medical tests, prescription drugs, equipment, and hospital fees.
- Make sure your health care provider gives you a Good Faith Estimate in writing at least 1 business day before your medical service or item. You can also ask your healthcare provider, and any other provider you choose, for a Good Faith Estimate before you schedule an item or service. *Being Well With Bianca therapy will provide an estimate in the informed consent paperwork. You can also request a Good Faith Estimate before the initial session, if you prefer.*
- 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.

Note: A Good Faith Estimate is for your awareness only. It does NOT involve you needing to make any type of commitment.

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