

No Surprises Act and Good Faith Estimate

Dr. Mai Psychological Services, PLLC

Purpose

Under the federal No Surprises Act, individuals who are uninsured or choose not to use their health insurance benefits have the right to receive a Good Faith Estimate (GFE) of the expected cost of healthcare services before treatment begins.

At Dr. Mai Psychological Services, PLLC, you will receive clear information about the anticipated cost of treatment so you can make informed decisions about your care.

Who May Receive a Good Faith Estimate?

You may request a Good Faith Estimate if you:

- Do not have health insurance.
- Choose not to use your health insurance benefits.
- Receive services as a self-pay client.

If you plan to use your health insurance benefits, including out-of-network benefits, a Good Faith Estimate is generally not required.

What Is Included?

A Good Faith Estimate includes the reasonably expected charges for services anticipated at the time the estimate is prepared, which may include:

- Initial evaluation
- Individual psychotherapy sessions
- Other reasonably expected services related to your care

Because psychotherapy is individualized, the exact number of sessions and total cost of treatment cannot be predicted. If your treatment needs change, your Good Faith Estimate may be updated accordingly.

A Good Faith Estimate is provided for informational purposes only. It is not a contract and does not obligate you to receive services.

If Your Bill Is Higher Than Your Estimate

If you receive a bill that is at least **\$400** more than your Good Faith Estimate, you may have the right to begin the federal Patient-Provider Dispute Resolution (PPDR) process.

Questions or Complaints

If you have questions about your Good Faith Estimate or your bill, please contact Dr. Mai Psychological Services first. We are happy to review your estimate and discuss any concerns.

If you believe your rights under the No Surprises Act have not been honored, you may file a complaint with the Centers for Medicare & Medicaid Services (CMS) or contact the No Surprises Help Desk at **1-800-985-3059** for assistance.

Residents of Washington, Oregon, and Idaho may also contact their state's insurance regulator with questions or complaints.

Additional Information

For additional information about your rights under the No Surprises Act, including the Good Faith Estimate and the Patient-Provider Dispute Resolution process, please visit the Centers for Medicare & Medicaid Services (CMS).

Disclaimer: This notice is provided for informational purposes only and does not constitute legal or financial advice. If there is any conflict between this notice and applicable law, the law will govern.