



Considering therapy but unsure
about insurance options?

Seeing an out-of-network therapist offers flexibility and personalized care tailored to your needs.

Why see an out-of-network therapist?

- **Freedom of choice:** Prioritize your needs and find the therapist who is the best fit for you
- **Privacy:** A mental health diagnosis does not become part of your permanent medical record
- **Flexibility:** Out-of-network therapists often have more options for scheduling and contact between sessions
- **Reimbursement Options:** You'll receive a *Superbill* to submit to your insurance company for partial reimbursement

Out-of-network may be right for you if...

- ✓ You're seeking a therapist with a specialized skill set
- ✓ You don't want to wait to start therapy
- ✓ You want to prioritize finding the right fit for you
- ✓ You have a high deductible or strong out-of-network coverage

How to verify your benefits:

- Call your insurance company's Member Services department (number on the back of your card) and ask if you have out-of-network benefits for mental health
- If they request codes:
 - CPT Procedure: 90791 (first session) and 90837 (following sessions)
 - Diagnosis Code (for verification only): F43.23
 - Provider NPI: Emily Belknap 1316433832