



**OUT OF NETWORK
 INSURANCE INFORMATION**

New Day Counseling, LLC (NDC) is an out-of-network or fee-for-service provider for some insurance companies. This means that NDC does not participate (is not paneled/not a “preferred provider”) with certain insurance companies and those clients are responsible to pay for all services up front at the time of their session.

If NDC is not in-network with your insurance company, I will provide a “superbill” that details all services and payments, as well as other information required by insurance companies (e.g., diagnosis, CPT codes) to consider reimbursement from that insurance company.

Prior to your first session, you will want to contact your insurance company to ask:

1. Do I have out-of-network benefits? And if yes,
2. Do I need a referral from an in-network provider to see a mental health professional?
3. Do I need pre-approval or preauthorization before meeting with the mental health professional?
4. What is my out-of-network deductible and how much of my deductible have I met this year?
5. Are there coverage limits, such as visit limits or an allowed dollar amount?
6. What is the allowable amount for a session code (see CPT codes below)?
7. Do you cover telemental health?

To complete the preauthorization inquiry, you will want to request the Diagnostic Interview along with the appropriate ongoing psychotherapy codes:

Current Procedural Terminology (CPT Codes):

Diagnostic (Intake) Interview:	90791	\$160.00
Individual Psychotherapy:		
60 minutes	90837	\$160.00
45 minutes	90834	\$115.00
30 minutes	90832	\$85.00
Group Psychotherapy:		
60 minutes	90853	\$40.00
Conjoint (Family) Therapy:		
60 minutes and less	90847	\$160.00
60 minutes and less	90846	\$160.00

Preauthorization is not a guarantee of any amount of reimbursement from your insurance company. It is your responsibility to read and understand your policy and what preauthorization means for your specific claim. Be

aware that insurance companies may still reject your claim despite preauthorization procedures. Document all details of your conversations with insurance company representatives.

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