MATTERS OF THE HEART COUNSELING
MATTERSOFTHEHEARTCOUNSELING.ORG
243 Old Shackle Island Rd Hendersonville, TN 37075 & 214 North Main Street Goodlettsville, TN 37072 & 170 W. Franklin Street Gallatin, TN 37077

THE NO SURPRISES ACT
STANDARD NOTICE AND CONSENT DOCUMENTS

(OMB Control Number: 0938-1401)

SURPRISE BILLING PROTECTION FORM

The purpose of this document is to let you know about your protections from unexpected medical bills. It also asks whether you would like to give up those protections and pay more for out-of-network care.

IMPORTANT: You aren't required to sign this form and shouldn't sign it if you didn't have a choice of health care provider when you received care. You can choose to get care from a provider or facility in your health plan's network, which may cost you less.

If you'd like assistance with this document, ask your provider or a patient advocate. Take a picture and/or keep a copy of this form for your records.

You're getting this notice because this provider or facility isn't in your health plan's network. This means the provider or facility doesn't have an agreement with your plan.

Getting care from this provider or facility could cost you more.

If your plan covers the item or service you're getting, federal law protects you from higher bills:

- When you get emergency care from out-of-network providers and facilities, or
- When an out-of-network provider treats you at an in-network hospital or ambulatory surgical center without your knowledge or consent.

Ask your health care provider or patient advocate if you need help knowing if these protections apply to you.

If you sign this form, you may pay more because:

- You are giving up your protections under the law.
- You may owe the full costs billed for items and services received.
- Your health plan might not count any of the amount you pay towards your deductible and out-of-pocket limit. Contact your health plan for more information.

You **should not** sign this form if you **did not** have a choice of providers when receiving care. For example, if a doctor was **assigned** to you with no opportunity to make a change.

Before deciding whether to sign this form, you can contact your health plan to find an in-network provider or facility. If one is not available, your health plan might work out an agreement with this provider or facility, or an alternative provider.

See the last page for your cost estimates for the services you are seeking.

Estimate of what you could pay

Patient name: _____

Out-of-network provider(s) or facility name: _Matters of the Heart Counseling_

Total cost estimate of what you may be asked to pay: It is your ethical right to determine your goals for treatment and how long you would like to remain in therapy unless you are pursuing mandatory treatment. Please see the breakdown of possible fees on page four.

► **Review your detailed estimate.** See page four for a cost estimate for each item or service.

► **Call your health plan.** Your plan may have better information about how much of these services are reimbursable.

► **Questions about this notice and estimate?** You may contact Joanna Dixon, LMFT at Joanna@MOTHcounseling.org or Jinny Glasco, LCSW at Jinny@MOTHcounseling.org if you have questions about why this notice is required at our facility (and all providers nationwide).

► **Questions about your rights?** Contact: The Tennessee Health Professional Boards

☐**Online** at TN.gov
https://www.tn.gov/health/health-program-areas/health-professional-boards/pcmft-board.html

☐**Email** at tn.health@tn.gov or

☐**In-person** at 710 James Robertson Parkway, Nashville, TN 37243

Prior authorization or other care management limitations

Except in an emergency, your health plan may require prior authorization (or other limitations) for certain items and services. This means you may need your plan's approval that it will cover an item or service before you get them. If prior authorization is required, ask your health plan about what information is necessary to get coverage.

More information about your rights and protections

Visit
https://www.cms.gov/files/document/model-disclosure-notice-patient-protections-against-surprise-billing-providers-facilities-health.pdf for more information about your rights under federal law.

By signing, I give up my federal consumer protections and agree I might pay more for out-of-network care.

With my signature, I am saying that I agree to get the items or services from (select all that apply):

☐ **Mandy Middleton, LMFT**

☐ **Matters of the Heart Counseling**

With my signature, I acknowledge that I am consenting of my own free will and am not being coerced or pressured. I also understand that:

- I understand that I am refusing some consumer billing protections under Federal law.
- I am electing to be responsible for charges of these services or paying out-of-network cost-sharing under my health plan.
- I was given a written notice on ____/____/____ explaining that this provider or facility is not in my

health plan's network, the estimated cost of services, and what I may owe if I agree to be treated by this provider or facility.

- I received this notice either on paper or electronically.
- I recognize that some or all amounts I pay might not count toward my health plan's deductible or out-of-pocket limit.
- I can end this agreement by notifying the provider or facility in writing before receiving services.

IMPORTANT: You **do not** have to sign this form. By choosing not to sign this document and comply with this facilities effort to comply with the No Surprises Act, Matters of the Heart Counseling, and our providers **will not** be able to work with you and will provide you with recommendations to 3 alternative agencies or providers in the community who may be in network with your insurance company.

_____ or _____

Patient's signature | Guardian/authorized representative's signature

_____ or _____

Print name of patient | Print name of Guardian/authorized representative

_____ _____

Date and time of signature | Date and time of signature

Take a picture and/or keep a copy of this form.

It contains important information about your rights and protections.

Patient name: _____

Date of Birth: _____

Diagnosis: Z65.9 Problem related to unspecified psychosocial circumstances

Out-of-network provider(s) or facility name: Matters of the Heart Counseling

The amount below is only an estimate; it isn't an offer or contract for services. This estimate shows the full estimated costs of the items or services listed. It doesn't include any information about what your health plan may cover. This means that **the final cost of services may be different than this estimate**.

Contact your health plan to find out how much, if any, your plan will pay and how much you may be required to pay.

GOOD FAITH ESTIMATE
TABLE OF SERVICES AND FEES

Client Name: _____

Date of Service	Service code (CPT Code)	Description for provider Mandy Middleton, LMFT TN License No. 1700	Fee for Service (# of Sessions TBD as Tx progresses)
	90791	**Initial Diagnostic Evaluation (≥53 minutes)**	$130
	90832	Psychotherapy, 16-37 minutes (1/2 hour phone/virtual/in-person session)	$65
	90834	Psychotherapy, 38-52 minutes (standard 45 min treatment hour)	$130
	90837	Psychotherapy ≥ 53 minutes **(This fee is my standard <60 min> hourly rate & used for all prorated calculations)**	**$130**
	+99354	Psychotherapy 65-80 minutes **(When treatment extends beyond the standard hour)**	Prorated based on the amount of time spent at hourly rate
	90839	Psychotherapy for a **Crisis** (30-74 minutes) (outside of therapist normal office days/hours)	$260
	90847	**Psychotherapy for Couples and Family Therapy ≥ 53 minutes**	**$150**
	+90840	Psychotherapy for a Crisis (add on code for each additional 30 mins)	Prorated based on the amount of time spent at hourly Crisis rate
	90853	Group Psychotherapy	$25
	98966-98968	Telephone Assessment & Management	Prorated based on the amount of time spent at hourly rate
	98970-98972	Online Digital Evaluation & Mgt (Responding to Email & Text Messages)	Prorated based on the amount of time spent at hourly rate
	Cancelation Fee	**Your Therapist Requires a 24-Hour Cancelation Fee**	**You are Responsible for the Fee of the Appointment Missed**
	Production of Records	$20 first 5 pages, $.50 each following page + shipping costs	< $20
	Total Estimate:	This Good Faith Estimate explains your therapist's rate for each service provided. Your therapist will collaborate with you throughout your treatment to determine how many sessions and/or services you may need to receive the greatest benefit based on your diagnosis(es)/presenting clinical concerns.	

Please note that Place of Service (in office vs. tele/virtual mental health) is not delineated above as charges are identical.