

IMARA COUNSELING SERVICES, LLC

GOOD FAITH ESTIMATE

Effective January 1, 2022, a ruling went into effect called the "**No Surprises Act**" which requires practitioners to provide a "Good Faith Estimate" about out-of-network care. The Good Faith Estimate works to show the cost of items and services that are reasonably expected for your health care needs for an item or service, a diagnosis, and a reason for therapy. The estimate is based on information known at the time the estimate was created. The Good Faith Estimate does not include any unknown or unexpected costs that may arise during treatment. You could be charged more if complications or special circumstances occur and will be provided a new "Good Faith Estimate" should this occur. If this happens, federal law allows you to dispute (appeal) the bill if you and your therapist have not previously talked about the change and you have not been given an updated good faith estimate.

Under Section 2799B-6 of the Public Health Service Act (PHSA), health care providers and health care facilities are required to inform individuals who are not enrolled in a plan or coverage or a Federal health care program, or not seeking to file a claim with their plan or coverage both orally and in writing of their ability, upon request, or at the time of scheduling health care items and services to receive a "Good Faith Estimate" of expected charges.

Note: The PHSA and GFE does not currently apply to any clients who are using insurance benefits, including "out of network benefits (i.e., submitting superbills to insurance for reimbursement). Timeline requirements: Practitioners are required to provide a good faith estimate of expected charges for a scheduled or requested service, including items or services that are reasonably expected to be provided in conjunction with such scheduled or requested item or service."

That estimate must be provided within specified timeframes:

- If the service is scheduled at least three business days before the appointment date, no later than one business day after the date of scheduling;
- If the service is scheduled at least 10 business days before the appointment date, no later than three business days after the date of scheduling; or
- If the uninsured or self-pay patient requests a good faith estimate (without scheduling the service), no later than three business days after the date of the request. A new good faith estimate must be provided, within the specified timeframes if the patient reschedules the requested item or service.

Common Services at Imara Counseling Services, LLC:

- 90791: Initial therapy intake (not timed) \$175 per occurrence
- 90837: Consultation & Ongoing therapy appointments (approx 55 minutes) \$160 per session
- 90847: Family/Couples appointments (approx 55 minutes) \$175 per session

**Sessions with our clinical interns are offered at ½ the cost of the respective session rates.*

Common Diagnosis Codes at Imara Counseling Services, LLC

Below are the 5 most common diagnosis codes used for sessions at Imara Counseling Services; however, the list is not exhaustive. With that said, diagnosis codes can change based on many factors. Please speak to your therapist with any questions or concerns.

1. Adjustment Disorder (F43.23)
2. Depression (F32.9)

3. Anxiety (F41.1)
4. Bipolar (F31.9)
5. PTSD/Post Traumatic Stress Disorder (F43.10)

Imara Counseling Services recognizes that every client's therapy journey is personal, and as such should be guided by the client's needs and pace of growth/change.

How long you need to engage in therapy and how often you attend sessions will be influenced by many factors including:

- Your schedule and life circumstances
- Therapist availability
- Ongoing life challenges
- The nature of your specific challenges and how you address them
- Personal finances

You and your therapist will continually assess the appropriate frequency of therapy and will work together to determine when you have met your goals and are ready for discharge and/or a new "Good Faith Estimate" will be issued should your frequency or needs change.

Where services will be delivered.

Imara Counseling Services is a hybrid practice which operates primarily through telehealth as a result of COVID-19, with limited in-person sessions which are held at the practice's main location.

Main Location

Imara Counseling Services, LLC
14502 Greenview Drive
Suite 202
Laurel, Maryland 20708
Practice NPI2: 1396384756
PracticeEIN: 83-4513231

Virtual Appointments

Held via the client portal: www.therapyportal.com/p/imaracs

Clinicians who see clients at Imara Counseling Services, LLC

- David Defoe, LCPC
- Caleb Adu, LCSW-C
- Ariel Lewis, PhD, LCPC
- Gabrielle Barrington, LCPC
- Denise Defoe, LMSW
- Dominick Pitts, LMSW
- Alesha Leonard, LGPC
- Ashley Mickey, LCPC
- Mario Broussard, LCSW
- Melissa Buckley, PhD, LMSW
- Soni Fitzhugh, LCPC
- Kevin Reed, LMSW
- Lanika DeShields, LCPC
- Mark Snella, LGPC
- Brian White, LMSW
- Makedah Johnson, LMSW
- Anthony Carr, LGPC
- Frances Figueroa, LGPC
- Patrick Graham, Counseling Intern
- Ashley Moses, Counseling Intern

Client Demographic Information

Client Name Jane Sally Doe

Client Date of Birth Friday, January 1, 1965

Client Primary Address 1234 Anywhere Lane
Somewhere, NA, 12345

Client Diagnosis

At Imara Counseling Services, LLC, we must diagnose all clients for both ethical, legal, and insurance reasons -- as well as required by the "No Surprises Act".

Your Good Faith Estimate diagnosis is:

Primary Diagnosis: F99 - Mental Health Disorder, Not Otherwise Specified

Secondary Diagnosis: Z13.30 Encounter for screening examination for mental health and behavioral disorders, unspecified

This diagnosis is only to satisfy the federal requirement for this form. This is not a formal psychological diagnosis. A formal diagnosis occurs after an assessment has been completed. That will take place 1-3 sessions after beginning psychotherapy. If you choose to decline a formal diagnosis, we will not update this GFE.

It is within your rights to decline a diagnosis per state and federal guidelines.

Appointment Information

Primary Service Requested or Scheduled... Individual Therapy (18 and older)

Initial Appointment Scheduled? Yes

Initial Appointment Date (if Applicable) Saturday, January 1, 2022

Your Financial Summary

For a good faith estimate: the amount you would owe if you were to attend therapy for 52 sessions in a year (weekly, without skipping any weeks for holidays, break, vacation, unplanned events/sickness, etc.). The "Good Faith Estimate" requires practitioners to provide an exact estimate and not a range. Out of an abundance of caution and transparency, we will only quote weekly appointments. However the frequency of appointments should be discussed with your therapist directly.

Your Clinician Is: David Defoe (NPI: 1932658671)

Your Insurance Network is: Client does not have health insurance

Is Imara Counseling In Network with your Insurer? No

Your Cost for an Intake/Diagnostic Appointment \$160.00

Type of Appointment

Individual Therapy (under 18)

Your Cost for Consultation and Ongoing Therapy Appointments

\$160.00

Your Total Yearly Estimated Costs

\$8320

Good Faith Estimate Disclaimer

This Good Faith Estimate shows the costs of items and services that are reasonably expected for your health care needs for an item or service. The estimate is based on information known at the time the estimate was created.

The Good Faith Estimate does not include any unknown or unexpected costs that may arise during treatment. You could be charged more if complications or special circumstances occur. If this happens, federal law allows you to dispute (appeal) the bill.

If you are billed for more than this Good Faith Estimate, you have the right to dispute the bill.

You may contact the health care provider or facility listed to let them know the billed charges are higher than the Good Faith Estimate. You can ask them to update the bill to match the Good Faith Estimate, ask to negotiate the bill, or ask if there is financial assistance available.

You may also start a dispute resolution process with the U.S. Department of Health and Human Services (HHS). If you choose to use the dispute resolution process, you must start the dispute process within 120 calendar days (about 4 months) of the date on the original bill.

There is a \$25 fee to use the dispute process. If the agency reviewing your dispute agrees with you, you will have to pay the price on this Good Faith Estimate. If the agency disagrees with you and agrees with the health care provider or facility, you will have to pay the higher amount.

To learn more and get a form to start the process, go to www.cms.gov/nosurprises or call 800-985-3059. For questions or more information about your right to a Good Faith Estimate or the dispute process, visit www.cms.gov/nosurprises or call 800-985-3059. Keep a copy of this Good Faith Estimate in a safe place or take pictures of it. You may need it if you are billed a higher amount.

Client Signature**Date**

Wednesday, December 29, 2021