

Clarifying Questions Regarding Insurance

Our billing person can typically access what is called an “estimate” of your benefits. It is general information about your policy and oftentimes it is accurate, but not always. For the most accurate information and also to support you in being informed on your benefits, it is best for you to reach out to your insurance provider to ask some questions regarding your policy and what is covered.

Here are a list of questions to ask your insurance provider:

- What are my mental health benefits?
- What services does my plan cover? (individual, group, marriage and family, etc)
- What is my deductible and has it been met?
- How many sessions per calendar year does my plan cover?
- What is the coverage amount per therapy session?
- Is authorization required for services?
- Is Evolve Therapeutic Center an in network provider?

Another element of informed consent is understanding that utilizing your insurance for mental health services requires that a diagnosis is made. Please talk with your clinician regarding questions about diagnostics.