

Total Wellness Psychiatry

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Insurance Worksheet

Total Wellness Psychiatry does not accept insurance, and as such, Dr. Longson does not directly correspond with any insurance companies. However, upon request, you will be provided with the documentation you will need to submit to your insurance company in order to obtain reimbursement for your mental health care.

Total Wellness Psychiatry recommends that you contact your insurance company to determine whether or not they will pay "out of network benefits" for mental health care prior to scheduling your first visit.

Below is a guide you should follow to help you get the information you need from your insurance company. Please document the information you are given below for future reference.

Question Guide	
Date and time of call	Date: _____ Time: _____
Verify that the number you have called is the one to call regarding mental health benefits.	Number: _____ Yes / No
Write down the name of each person with whom you speak.	Name: _____ Position: _____ Name: _____ Position: _____
Are outpatient mental health benefits covered?	Yes / No
Will your insurance company pay for services provided by a doctor who is "out of network?"	Yes / No
Do you need a referral from your primary care doctor?	Yes / No
Will the \$300 fee for an initial evaluation will be covered?	Yes / No Amount Covered: _____
What is the maximum number of sessions per year allowed by your insurance company?	Maximum Number: _____
What is the maximum dollar amount covered by your insurance is for outpatient mental health?	Maximum Amount: _____
What is your deductible dollar amount?	Dollar Amount: _____
Have you met the deductible yet?	Yes / No
When does your deductible year start?	Date: _____