

Questions to ask your insurance company. . .

Your Insurance Member ID: _____ Your Date of Birth: _____

Does my policy have **mental health benefits**? Yes No

If yes:

Does my policy cover **licensed psychologists**? Yes No

If yes:

Does my policy cover **out-of-network** psychologists? Yes No

If yes:

How much will my policy pay for a one hour psychotherapy session? \$ _____

How much will my policy pay for a 1½ hr session? \$ _____ A 2 hr session?
\$ _____

How many psychotherapy sessions are covered per year? _____

Is my **mental health care deductible** part of my medical care deductible? Yes No

If no: What is my yearly mental health care deductible? \$ _____

Either way: How much of my (mental/medical care) deductible have I met this year? \$ _____

Do you require **pre-certification**? Yes No

If yes:

Who must obtain the pre-certification? *Myself My therapist Either*

Can this be done over the phone? Yes No

If no, explain

Who should we contact to authorize the pre-certification? _____

How many sessions will likely be pre-certified at a time? _____

Where should I send my **claims**? _____

Once I mail in my claim, how long before I receive my reimbursement check? _____

Is there anything else I should know? _____
