



919 S. Winton Rd., Suite 310  
Rochester, NY 14618  
585-237-8956  
Joanna.scott.phd@gmail.com

## GOOD FAITH ESTIMATE

Beginning January 1, 2022, the No Surprises Act (H.R. 133) is in effect. This law includes new requirements for health care providers, facilities, health plans and insurers which are intended to prevent consumers (e.g., patients, clients) from receiving unanticipated medical bills. Part 2 regulations on good faith estimates requires all health care providers and health care facilities licensed, certified or approved by the state to provide good faith estimates of expected charges for services offered to uninsured and self-pay patients.

You have the right to receive a Good Faith Estimate for the total expected cost of any non-emergency healthcare services, including psychotherapy services. Your total cost of services will depend upon the number of psychotherapy sessions you attend, your presenting concerns, treatment needs, and individual circumstances. The number of visits that are appropriate in your case, and the estimated cost for those services, depends on your needs and what you agree to in consultation with your therapist. You are entitled to disagree with any recommendations made to you concerning your treatment and you may discontinue treatment at any time.

You have a right to initiate a dispute resolution process if the actual amount charged to you substantially exceeds the estimated charges stated in your Good Faith Estimate (which means \$400 or more beyond the estimated charges). You are encouraged to speak with your provider at any time about any questions you may have regarding your treatment plan and costs.

For questions or more information about your right to a Good Faith Estimate, [visit www.cms.gov/nosurprises](https://www.cms.gov/nosurprises). You may also call call (800) 985-3059. The initiation of the patient-provider dispute resolution process will not adversely affect the quality of the services furnished to you.