

# Your Right to a Good Faith Estimate

## What is a Good Faith Estimate?

Under federal law (the No Surprises Act), you have the right to receive a "Good Faith Estimate" of expected charges for your therapy services.

A Good Faith Estimate is a written document that provides you with an estimate of the costs for services **before** you begin treatment. This helps you understand what you can expect to pay so there are no financial surprises.

## Who Receives a Good Faith Estimate?

You are entitled to receive a Good Faith Estimate if you are:

- **Uninsured** (you do not have any health insurance coverage)
- **Self-pay** (you have insurance but choose not to use it for therapy services)
- **Shopping for care** (comparing costs between providers)

## When Will You Receive Your Estimate?

Your Good Faith Estimate will be provided to you:

- **In writing** (paper or electronic format that you can save and print)
- **Before services begin** or upon request
- Within **1 business day** of scheduling if your appointment is at least 3 days away, OR
- Within **3 business days** of scheduling if your appointment is at least 10 days away

## What's Included in the Estimate?

Your Good Faith Estimate will include:

- A description of the therapy services offered
- The expected charges for each service (including session fees and any other foreseeable costs)
- Relevant billing codes
- Provider information
- The period of time the estimate covers

For ongoing therapy, estimates typically cover a 12-month period and will be updated annually or when there are significant changes to your treatment plan.

## **Important Things to Know**

**The estimate is not a contract.** Receiving a Good Faith Estimate does not obligate you to receive services from this provider.

**Actual costs may vary.** The estimate is based on the information available at the time it is prepared. Your actual charges may differ if your treatment needs change.

**Your right to dispute.** If you receive a bill that is **\$400 or more** than the estimate provided, you have the right to dispute the charges through a federal patient-provider dispute resolution process. You must initiate this process within 120 days of receiving the bill.

## **Questions?**

If you have questions about your Good Faith Estimate or the costs of your care, please ask. I am happy to discuss your estimate with you at any time.

For more information about the No Surprises Act and your rights, visit: [www.cms.gov/nosurprises](https://www.cms.gov/nosurprises)

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*This notice is provided in compliance with the No Surprises Act, effective January 1, 2022.*