

Getting Reimbursement for Psychotherapy Services

I do not work directly with health insurance companies, but I may be considered an out of network provider. You will need to pay the full fee at the time of the session, and I will provide you with a superbill (a highly detailed receipt) that you can submit to your insurance company for out-of-network benefits. If you are unsure what your out-of-network benefits are for mental health counseling, you'll need to call your insurer, specifically for "mental health" services (often handled by a different department than medical claims, or sometimes by a different company), and ask:

"What are my out-of-network benefits for mental health counseling?"

"Do I need to meet a deductible before receiving reimbursement for out-of-network counseling?"

"Is there a limit on the number of sessions I can have?"

They may ask for more detailed information about our work together.

- You'll be submitting claims for "Individual Psychotherapy, Outpatient, 55 minutes," also referred to as CPT code 90837. Telehealth is coded as 90837-95.
- My current fee for CPT code 90837 and 90837-95 is \$200.
- My Zip code is 98004 (Bellevue, for in-person sessions) or 98012 (for Telehealth sessions). Reimbursement may vary based on location.
- I'm a licensed independent clinical social worker (LICSW), and I am a non-participating provider (meaning that I have chosen not to have a "contract" with any insurance companies).

To access documents required for out-of-network reimbursement, log in to the patient portal at <https://inner-roots.clientsecure.me>. Then, click on "Billing and Payments" at the top, then "Insurance Reimbursement Statements". There you will find forms that include sessions for each month of service, which you can print or download. Any further questions about the process of requesting reimbursement should be directed to your insurer.