



Good Faith Estimate Notice

You have the right to receive a “Good Faith Estimate” explaining how much your medical and mental health care will cost.

Under the law, health care providers need to give **patients who don't have insurance or who are not using insurance** an estimate of the expected charges for medical services, including psychotherapy services.

You have the right to receive a Good Faith Estimate in writing at least 1 business day before your service for the total expected cost of any non-emergency healthcare services, including psychotherapy services.

You can ask your health care provider, and any other provider you choose, for a Good Faith Estimate before you schedule a service.

If you receive a bill that is at least \$400 more than your Good Faith Estimate, you can dispute the bill. Make sure to save a copy or picture of your Good Faith Estimate.

For questions or more information about your right to a Good Faith Estimate, visit www.cms.gov/nosurprises or call the No Surprises Help Desk at 1-800-985-3059. To request a Good Faith Estimate, please email debi@blueskycounselingllc.com or call 240-619-8363.