

THE NO SURPRISES ACT
STANDARD NOTICE AND CONSENT DOCUMENTS

(OMB Control Number: 0938-1401)

SURPRISE BILLING PROTECTION FORM

The purpose of this document is to let you know about your protections from unexpected medical bills. It also asks whether you would like to give up those protections and pay more for out-of-network care.

IMPORTANT: You are not required to sign this form and should not sign it if you did not have a choice of health care provider when you received care. You can choose to get care from a provider or facility in your health plan's network, which may cost you less.

If you would like assistance with this document, please contact Pallavi Lal. Take a picture and/or keep a copy of this form for your records.

You are getting this notice because Expanding Horizons Counseling PLLC/Pallavi Lal is not in your health plan's network. This means Expanding Horizons Counseling PLLC/Pallavi Lal does not have an agreement with your plan.

Getting care from Expanding Horizons Counseling PLLC/Pallavi Lal MS, LPC could cost you more.

If your plan covers the item or service you are getting, federal law protects you from higher bills:

- When you get emergency care from out-of-network providers and facilities, or
- When an out-of-network provider treats you at an in-network hospital or ambulatory surgical center without your knowledge or consent.

Ask your health care provider or patient advocate if you need help knowing if these protections apply to you.

If you sign this form, you may pay more because:

- You are giving up your protections under the law.
- You may owe the full costs billed for items and services received.
- Your health plan might not count any of the amount you pay towards your deductible and out-of-pocket limit. Contact your health plan for more information.

You **should not** sign this form if you **did not** have a choice of providers when receiving care. For example, if a doctor was assigned to you with no opportunity to make a change.

Before deciding whether to sign this form, you can contact your health plan to find an in-network provider or facility. If there is not one, your health plan might work out an agreement with this provider or facility, or another one.

See the next page for your cost estimate.

Estimate of what you could pay

Patient name: _____

Out-of-network provider(s) or facility name: Expanding Horizons Counseling PLLC/Pallavi Lal

Total cost estimate of what you may be asked to pay: It is your ethical right to determine your goals for treatment and how long you would like to remain in therapy unless you are pursuing mandatory treatment. Please see the breakdown of possible fees on page four.

- ▶ **Review your detailed estimate.** See page five for a cost estimate for each item or service.
- ▶ **Call your health plan.** Your plan may have better information about how much of these services are reimbursable.
- ▶ **Questions about this notice and estimate?** Call Pallavi Lal at 480.359.6126
- ▶ **Questions about your rights?** Contact: Arizona Board of Behavioral Health Examiners at 602-542-1882 or information@azbbhe.us

Prior authorization or other care management limitations

Except in an emergency, your health plan may require prior authorization (or other limitations) for certain items and services. This means you may need your plan's approval that it will cover an item or service before you get them. If prior authorization is required, ask your health plan about what information is necessary to get coverage.]

More information about your rights and protections

Visit <https://www.cms.gov/files/document/model-disclosure-notice-patient-protections-against-surprise-billing-providers-facilities-health.pdf> for more information about your rights under federal law.

By signing, I give up my federal consumer protections and agree I might pay more for out-of-network care.

With my signature, I am saying that I agree to get the items or services from:

Pallavi Lal, MS, LPC at Expanding Horizons Counseling PLLC

With my signature, I acknowledge that I am consenting of my own free will and am not being coerced or pressured. I also understand that:

- I am giving up some consumer billing protections under Federal law.
- I may get a bill for the full charges for these items and services or have to pay out-of-network cost-sharing under my health plan.
- Date observed on this written notice is sufficient in explaining that my provider or facility isn't in my health plan's network, the estimated cost of services, and what I may owe if I agree to be treated by this provider or facility.
- I got the notice either on paper or electronically, consistent with my choice.
- I fully and completely understand that some or all amounts I pay might not count toward my health plan's deductible or out-of-pocket limit.
- I can end this agreement by notifying the provider or facility in writing before getting services.

IMPORTANT: You **do not** have to sign this form. But if you do not sign, this provider might not treat you.

_____	or	_____
Patient's signature		Guardian/authorized representative's signature
_____		_____
Print name of patient		Print name of guardian/authorized representative
_____		_____
Date and time of signature		Date and time of signature

Take a picture and/or keep a copy of this form.

It contains important information about your rights and protections.

Expanding Horizons Counseling PLLC
Pallavi Lal, MS, LPC

480.359.6126

gobeyondpotential@gmail.com

www.expandinghorizonscounseling.com

FEDERAL TAX ID: 87-3560388

GROUP NPI#: 1235564683

More details about your estimate

Patient name: _____

Date of Birth: _____

Diagnosis: Z65.9 Problem related to unspecified psychosocial circumstances

Out-of-network provider(s) or facility name: Pallavi Lal, MS, LPC / Expanding Horizons
Counseling PLLC

The amount below is only an estimate; it is not an offer or contract for services. This estimate shows the full estimated costs of the items or services listed. It does not include any information about what your health plan may cover. This means that **the final cost of services may be different than this estimate.**

Contact your health plan to find out how much, if any, your plan will pay and how much you may have to pay.

GOOD FAITH ESTIMATE: TABLE OF SERVICES AND FEES

Client Name: _____

Date of Service (If known)	Service code (CPT Code)	Description	Fee for Service (Number of Sessions Will Be Determined as We Progress)
	90834	Psychotherapy, 38-52 minutes	
	90791	Diagnostic Evaluation	
	98966-98968	Telephone Assessment & Management Clinician can opt to charge this fee based on need and consistency. Clinician may waive the fee if deems appropriate	Prorated based on the amount of time spent at hourly rate: \$25/15 minute increment Minimum 15 minute increment
	98970-98972	Online Digital Evaluation & Mgt (Responding to Email & Text Messages) Clinician can opt to charge this fee based on need and consistency. Clinician may waive the fee if deems appropriate	Prorated based on the amount of time spent at hourly rate: \$30/15 minute increment Minimum 15 minute increment
	Cancellation Fee	Your Therapist Requires a 24-Hour Cancellation Fee	You will be required to pay the full fee for the time of the appointment.
	Production of Records		Prorated based on the amount of time spent at hourly rate, plus \$1.50/page printing cost (if applicable): \$30/15 minute increment Minimum 15 minute increment
	Legal Fees		Prorated based on the amount of time spent at hourly rate, plus \$1.50/page printing cost (if applicable): \$30/15 minute increment Minimum 15 minute increment
	Total Estimate:	This Good Faith Estimate explains your therapist's rate for each service provided. Your therapist will collaborate with you throughout your treatment to determine how many sessions and/or services you may need to receive the greatest benefit based on your diagnosis(es)/presenting clinical concerns.	

Please note that Place of Service (in office vs. tele mental health) is not delineated above since the charges are identical.