**Patricia Duncan,** **LPCC**  415-250-6106

*Licensed Professional Clinical Counselor* patricia@patriciaduncan.com

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“No Surprises” Notice

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

Under the law, health care providers need to give clients who don’t have insurance or are not using insurance (including clients who pay out-of-pocket and request insurance reimbursement) an estimate of the bill for medical items and services (including psychotherapy).

* You have the right to receive a Good Faith Estimate for the total expected cost of any non-emergency items or services, including psychotherapy services.
* Ensure your health care provider gives you a Good Faith Estimate in writing at least one business day before your services begin. You can also ask your health care provider, and any other provider you choose, for a Good Faith Estimate before you schedule an item or 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 U.S](http://www.cms.gov/nosurprises%20or%20call%20the%20U.S). Department of Health and Human Services (HHS) at 800-368-1019.

Patricia Duncan, MA, LPCC

Licensed Professional Clinical Counselor in California LPCC351 and New Mexico CCMH0219531