

Insurance Reimbursement Policy

In order to provide the most intensive treatment tailored to meet your specific needs, without being restricted by insurance requirements, The PAIR Center for Couples Counseling, PLLC does not accept insurance. If you would like to seek out of network reimbursement, a superbill can be provided monthly **by request only**. Here are some helpful tips for seeking reimbursement:

1. Check your out-of-network benefits prior to your first visit: These are typically in the Summary of Benefits that is included in a member information packet or on your insurance company website.
2. Call your insurance company to verify: The best way to be sure of your benefits is to call your insurance company member services line and ask:
 - a. What is my out-of-network deductible for outpatient mental health?
 - b. How much of my deductible has been met this year?
 - c. What is my out-of-network coinsurance for outpatient mental health?
 - d. Do I need a referral from an in-network provider to see someone out-of-network?
 - e. How do I submit claim forms for reimbursement?
3. Ask me for a superbill: I'll provide a document called a superbill that you will send directly to your insurance company at the end of each month which will detail how many sessions you've had and the total amount you've paid.
4. **Receive Reimbursement!** Depending on your specific plan, your insurance company will mail you a check to reimburse a portion or the entirety of the cost of treatment. *Please note, fees for no-show/missed appointments are not eligible for reimbursement.*