

## **“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](http://www.cms.gov/nosurprises) or call the U.S. Department of Health and Human Services (HHS) at (800) 368-1019.