

**CALL YOUR INSURANCE COMPANY!  
DETERMINE YOUR MENTAL HEALTH BENEFITS**

This form concerns your **outpatient mental health benefits**. Since mental health benefits often differ from medical benefits, we advise you to contact your insurance company. By contacting the insurance company, you will have a better understanding of your benefits and the amount of payment you are responsible for at each mental health visit. All insurance companies are different, so please make no assumptions as to what is covered or not covered. There should be a toll free number on your health insurance card you can call to discuss your mental health care benefits. If you don't have a card, you should have a benefits manual with the number in it. Here are some questions you can ask the insurance representative when you call. Ask the questions that are relevant to you and your situation.

Is individual psychotherapy covered under my plan? Yes \_\_\_\_\_ No \_\_\_\_\_

Is group psychotherapy covered under my plan? Yes \_\_\_\_\_ No \_\_\_\_\_

Is couples/family therapy covered under my plan? Yes \_\_\_\_\_ No \_\_\_\_\_

Is psychological testing covered under my plan? Yes \_\_\_\_\_ No \_\_\_\_\_

I want to see Dr./Mr./Ms. \_\_\_\_\_ Is he/she in network or out of network on this policy?  
In Network \_\_\_\_\_ Out of Network \_\_\_\_\_

(If out of network) Do I have out-of-network benefits? Yes \_\_\_\_\_ No \_\_\_\_\_

(If yes) What are my out-of-network benefits? \_\_\_\_\_

What percentage of costs do you cover? \_\_\_\_\_%

What's the maximum dollar amount per session? \$ \_\_\_\_\_

What is my co-pay/co-insurance? \$ \_\_\_\_\_

Do I need pre-authorization for treatment/assessment? Yes \_\_\_\_\_ No \_\_\_\_\_

What is my annual deductible for mental health treatment? \$ \_\_\_\_\_

Are there a limited number of mental health visits per calendar year? Yes \_\_\_\_\_ No \_\_\_\_\_

(If yes) How many visits? \_\_\_\_\_

Is there a maximum dollar amount per year? Yes \_\_\_\_\_ No \_\_\_\_\_

(If yes) How much? \$ \_\_\_\_\_