



Questions to Ask Your Insurance:

1

Does my plan cover/include out-of-network mental health services? Does it cover telehealth services?

2

Do I need a referral from a primary care physician?

3

What is my deductible for outpatient mental health visits? *(how much do you pay before your insurance will cover it)*

4

How much of my deductible has been met so far?

5

Is there a limit on the number of sessions I can have with an out-of-network provider?

6

How do I submit a request for reimbursement?

7

What is the reimbursement rate for an out of network provider for mental health?



What's next?



STEP 1

After confirming your coverage by using the questions above, schedule your first session with TOC Therapy



STEP 2

Pay for services directly to TOC Therapy and at the beginning of every month, you will receive a Superbill (a long receipt of your paid sessions)

STEP 3

Include this superbill in your request for reimbursement and follow your insurance's reimbursement process.

Schedule your intake session
with TOC Therapy:
thepractice@toctherapy.org