

Your Right to Receive a Good Faith Estimate

You have the right to receive a **Good Faith Estimate** explaining how much your mental health care services will cost.

Under the No Surprises Act, health care providers need to give patients who are **uninsured or who are not using insurance** an estimate of the bill for health care items and services.

What You Should Know:

- You have the right to receive a **Good Faith Estimate** for the total expected cost of any non-emergency mental health care items or services upon request or when scheduling such items or services. It includes related costs like therapy sessions, assessments, and any applicable fees.
- If you schedule services at least 3 business days in advance, you will receive a written Good Faith Estimate within 1 business day of scheduling. If you schedule services at least 10 business days in advance, your provider will give you a written estimate within 3 business days of scheduling. You can also ask your provider, or any other provider, for a Good Faith Estimate before you schedule services. If you do so, you will receive a Good Faith Estimate within 3 business days after you ask.
- If you receive a bill that is at least \$400 more than your Good Faith Estimate, you have the right to dispute the bill.
- Be sure to save a copy of your Good Faith Estimate and any related bills for your records.

For More Information:

For questions or more details about your right to a Good Faith Estimate, you can visit www.cms.gov/nosurprises, or call 1-800-985-3059.