



Fees and Insurance

Most people have mental health benefits that can cover the cost of therapy. I will work with you to understand your insurance benefits, copays and any restrictions that come from certain plans including deductible plans.

Some individuals chose to not go through their insurance plans, and I can develop a private pay plan if you prefer. My fees range from about \$90-\$150 depending on the service, but a sliding scale or payment plan may also be available. If you have a copay, I am required by insurance companies to collect that fee either directly or through a payment plan. Credit cards can be registered within my medical record to making payment and record keeping easy.

Insurances Accepted include:

- Blue Cross/ Blue Shield
- Independent Health
- Univera
- Beacon Health Options (Managed Care through other providers)
- Beacon Health Strategies (Managed Care through other providers) Traditional Indemnity
- Self-insured/ASO
- Preferred Provider Organization/Exclusive Provider Organization/Point-of-Service
- Family Health Plus
- Healthy New York