



# *Symmetry of Self*

C O U N S E L I N G   C E N T E R

## **Steps for speaking with your insurance carrier about your mental health benefits**

Here are some helpful tips about how to speak with insurance about your mental health benefits:

Call the number listed on the back of your primary insurance card for “Mental Health Benefits” or “Behavioral Health Benefits”. If there is no separate number for either of these options, call the customer service number.

Give them your insurance ID number and ask them the following questions:

1. Is Symmetry of Self Counseling Center an in-network provider for my mental/behavioral health benefit plan? \_\_\_yes \_\_\_no
  - a. Note: our National Provider Identification Number (NPI) is: 1003457060  
If “no”, then you will need to ask if you have OUT-of-network benefits for mental health services, and then ask the same questions below in terms of out-of-network benefits).
2. Are these “valid & billable codes”?  
90791? (intake assessment) \_\_\_yes \_\_\_no  
90834? (45 min. therapy session) \_\_\_yes \_\_\_no  
90837? (60 min. therapy session) \_\_\_yes \_\_\_no  
90853? (group therapy) \_\_\_yes \_\_\_no
3. Do these codes require preauthorization?
4. How many sessions per year does my insurance cover?
5. Do I have a deductible? \$\_\_\_\_\_ (Is there a separate family deductible vs. individual?)  
How much of it have I met? \$\_\_\_\_\_

6. What is my co-insurance or co-pay amount for each session? (usually this will apply AFTER you have met your deductible—ask to make sure) \$\_\_\_\_\_