

HOW TO KNOW IF YOU HAVE OUT-OF-NETWORK BENEFITS (OON)



1 Call Your Insurance Company

I cannot give a guarantee that I will be able to find the information, nor can I determine what that means in regard to what your reimbursement rate would be. Your best bet to get a solid answer on if you do have out-of-network benefits is to ask your insurance company.



CPT CODES

2

3 CPT Codes Passion Lab Uses

- First intake diagnostic (90791)
- Individual therapy (90837)
- Relationship counseling with all partners present (90847) OR relationship counseling with the identified clients or identified patient(s) not present (90846).

3 Diagnosis



Insurances want to cover medically necessary services. For a diagnosis to be valid to use insurance for relationship counseling or sex therapy to be valid, it has to cause a significant and medically necessary level of distress or disorder. Otherwise, you can pay out of pocket.

If you already see a therapist using insurance, you have a diagnosis. However, if you would like to work with me at Passion Lab Pittsburgh in tandem with working with your individual therapist or your other therapists, Passion Lab cannot use the same diagnosis.



Superbills

4

If you have OON, I can send a superbill at the beginning of the following month. The client, you, can send that to your insurance company for a reimbursement on what they decided.

I can't guarantee insurance reimbursement, I also will not refund my services if you believe that you have out of network benefits but the insurance company says differently.

HOW TO MAKE THE MOST OF YOUR VIRTUAL SESSION

1 Headphones



Headphones are recommended for video sessions. This will help you hear better and can also help reduce any distracting sounds in your environment.



White Noise

2

Putting a white noise machine, like the ones people use to help babies (and adults!) sleep, by the door helps to muffle the sounds of us talking to anyone outside the room. Alternatively there are white noise machine apps you can download.

3 Lights/Lighting



Whether it's natural light or a lamp, having light in front of your face instead of behind your head helps me to see you better. Seeing your face gives me a chance to better attune to you and your expressions of emotion. The chef's kiss of therapy.



Bigger Is Better

4

Although you can absolutely use your phone or tablet, a laptop or desktop screen will help you see me better.

PRE-APPOINTMENT REFLECTION QUESTIONS

1

What are your goals for therapy and why are these goals important to you?

2

What fears/worries do you have about starting this process?

3

Are there other people motivating you to come to therapy? Why is this important to them?

4

What is the best-case scenario if you DO work with a therapist on these goals?

5

What is the worst-case scenario if you DON'T work with a therapist on these goals?

6

What questions do you have for me?