



The Therapist

The Therapist PLC Fee Schedule

Therapy Sessions	Code	Insurance	Cash Discount
Assessment Rate	90791	289.00	265.00
Shorter Session Therapy Rate 30-38 min	90832	140.00	130.00
Regular Therapy Rate 40-50 min	90834	175.00	160.00
Extended Therapy Rate 53 plus	90837	195.00	175.00
Family Session Rate	90846-47	195.00	175.00
Group Session Rate per hour	90835	40.00	35.00
AS/NT Spouse Therapy Group per session	N/A	N/A	40.00

Insurances Accepted

Blue Cross Blue Shield MN	U-Care
Health Partners	United Healthcare
MN Medical Assistance	Aetna
Preferred One	Medica
South Health Country Alliance	EAP
Out-of-Network (OON)	Private pay

PLEASE NOTE: Insurance listed as out-of-network may not cover our services. You must verify with your insurance carrier whether services are covered, otherwise you may be responsible for the cash discounted rate. If your insurance is inactive, you will be responsible for the full-service fee.

Sliding Scale Fees

Sliding fees are granted for a limited number of sessions no more than 10 sessions in a 12-month period. Clients must meet income requirements. Please call to inquire and/or apply.

Cancellations

24-hour notice is required for cancellations – If you have two (2) consecutive late cancels, not due to emergencies, you will be subject to a \$35 fee. Two (2) no-shows without a call or contact will be referred to another area provider. If you are sick, we ask that you do not attend your appointment and call or email to cancel **YOU WILL NOT BE PENALIZED FOR CANCELLATIONS DUE TO ILLNESS. If you arrive at the appointment and it is evident you are sick, you may be asked to reschedule.**

No Show

If two (2) consecutive appointments are missed without notifying the office, **your regular scheduled appointments** will be given to someone else and any remaining appointments will be cancelled. Your name may be placed on a list of available times, or you may be referred to another area provider. Please call if an illness or emergency prevents you from making your appointment. This is an exception to 24-hour notice.



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Bad weather guide:

If schools are closed--the office will be closed. An attempt will be made to contact you if the office is closed. Our priority is safety when traveling to your appointment for you and the provider safety.

Co-Pay

Co-pays are due at time of service and can be paid cash, check, or credit card. If we are unable to determine your co-pay, you will be billed. All invoicing is submitted through your portal where you are able to see balances and pay your bill. If you notice a discrepancy in your balance, please contact the office as your therapist is not familiar with your account and is unable to provide answers. If you need a paper statement, please contact our main number or let them know when you set up your first appointment. There is a \$35 fee for return checks along with your bank fees.

Non-Payment

If you are unable to make a payment on your bill, please contact our office for payment arrangements and we will try our best to work with you. If your bill is 90 days overdue without payment, **you will not be able to schedule further appointments**, and your bill may be subject to late fees or turned over to collections for non-payment.

Letters and Agency Attestation Forms

The Therapist, PLC does not provide disability letters, companion pet letters, or opinion letters, or letters regarding your ability to work, or any letters that would inform others of your mental health history. You must discuss these needs with your medical or primary care provider. If a letter is required attesting the client's needs, the client will be asked to release their records instead to the individual or entity requiring these. Records are billed as indicated below. **Forms:** A fee of \$35 will be assessed for any form completion request by any outside agency that is 1-2 pages long, and \$50 for forms of 3-4 pages additional pages will be billed at a rate of \$3 per page. **Forms may only be completed for individuals who have been attending weekly therapy, for a minimum of a year or longer.** All others will be referred to previous providers or their primary care provider to complete these forms, and the agency will be informed that the therapist is unable to provide a professional opinion (this includes disability determinations).

Records Requests/Retrieval

Revised Minnesota Statute 5219.0300 allows providers to charge a retrieval fee for medical records sent to entities such as law offices, disability claims, and other organizations. While medical records requests will be fulfilled, there is an allowable 7 business days to fulfill the request, per Minnesota statute. Please see table below for retrieval fees.

<u>Requesting Party</u>	<u>Retrieval Fee</u>	<u>Per Page Fee</u>
Patient/Client*	\$10	\$0.75
Social Security Disability	\$10	\$0.75
Workers Compensation	\$10	\$0.75
Other Organizations	\$10	\$0.75

*** When a patient requests a copy of the patient's record for purposes of reviewing current medical care, there is no fee.**

HSA

We will provide a Super Bill for clients with HSA or high deductibles insurance.

*Fees are subject to change without notice please call for the latest fee schedule. Insurance companies are subject to change. Please call to verify that your insurance is accepted. Life coaching is not covered by insurance companies.



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Court Appearances

Clients are discouraged from having their therapist subpoenaed. Though the client's attorney, who initiates the subpoena request is responsible for the court appearance and testimony fees, it does not mean that the therapist's testimony will be solely in the client's favor. The Therapist will only testify their professional opinion and to the facts of the case.

The following fees apply for court appearances:

Preparation time (including submission of records)	\$230/hour
Phone calls	\$230/hour
Depositions	\$250/hour
Email or written letters	\$200/hour
Time required in giving testimony	\$250/hour
Mileage	\$0.57/mile
Time away from office due to depositions or testimony	\$220/hour
Filing a document with the court	\$150 (Plus court fees)
The minimum charge for a court appearance	\$2000
All legal fees and costs incurred by the therapist as a result of the legal action.	

PLEASE NOTE: **A retainer of \$2000 is due in advance.** If a subpoena or notice to meet attorney(s) is received without a minimum of 48-hour notice, there will be an additional \$250 "express" charge. If the case is reset with notice of less than 72 business-hours, the client will be charged \$500 (in addition to the retainer of \$2000). All fees are doubled if the therapist must postpone or interrupt plans to go out of town.

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Life Coaching Services

What is a life coach and why do you need one?

Life coaching is vastly different from therapy or mental health counseling because it does not address mental health issues such as depression, anxiety, or any other mental disorder. A life coach is a mentor someone who helps motivate and keep you accountable. Life coaching is usually for people who are not dealing with mental health difficulties, but instead feel stuck. They are not sure how to move forward in their personal lives or career. A life coach can help you set goals and map a strategy to encourage you and help you stay on track. If that sounds like something you need, call for an initial short interview to determine your needs.

Life Coaching Service Fees are not covered by insurance.

Life coaching includes professional and personal coaching, career coaching, personal and professional image. Can include in person and phone consultation.

30-90 minute in person session	\$100-250
30-90 minute phone coaching	\$90-200

Comprehensive monthly packages.

Here is a list of some of the types of life coaching offerings. You can pick per session or monthly coaching packages, which can be tailored to your needs:

- Personality assessments
- Business Coaching (Starting a business)
- Career mapping
- Initial evaluation
- Initial session 90 minute
- One-on-one follow-up coaching session 30-60 minutes
- Email and text messaging support
- Phone coaching
- Between-session “homework”
- Resume Writing and professional business writing coaching
- 30-minute weekly phone call (must be scheduled)
- Goal tracking
- Journaling – Personalized journal included with fee

Monthly packages range between \$100 and \$1500 depending on your needs. A 10% discount is applicable if you purchase a two-month package