

self in progress

COUNSELING & CONSULTING

Out of Network Benefits Verification

Some information to have handy ahead of time:

- **Provider's Full Name:** Lily Meiss, Licensed Professional Counselor
- **Provider's National Provider Identifier #:** 1053920850
- **Provider's Michigan License #:** 6401222479
- **CPT Codes (billing codes for each service):** 90791 for initial intake appointment, 90834 & 90837 for subsequent psychotherapy sessions
- **Your health insurance card.**

Questions to Ask:

1. **What is my out of network deductible for outpatient mental health visits?**
2. **How much of my out of network deductible has been met this year?**
3. **What percentage of the cost of each outpatient mental health visit will be reimbursed**
4. **Is there a limit on how many sessions will be covered by my out of network benefits per calendar year?**
5. **Do I need a referral from an in-network provider or a primary care physician to see someone out of network?**
6. **How do I submit claims for out-of-network reimbursement?**