



GIFT Counseling Center for Wellness, LLC

Information for Filing Insurance

At GIFT Counseling Center for Wellness LLC, we do not accept insurance and all fees must be paid at the time of service. It is our goal to provide quality services at a fair and reasonable rate. We understand that many individuals and families need to use insurance benefits to pay for counseling services, however; it is important that you know the complexities of filing a claim:

1. The client must receive a mental health disorder diagnosis. GIFT has a bio psychosocial approach to counseling and psychotherapy and we try to avoid diagnosis, if possible. This is especially true when treating children and adolescents when developmental and environmental circumstances are the cause of presenting concerns.
2. GIFT cannot guarantee confidentiality when client information is released to insurance companies. We do not have control over how the information is used, stored, or who has access to it. Many insurance companies require treatment plans and progress summaries that expose personal information about a client's concerns.
3. GIFT believes that most insurance company employees who are approving claims or reviewing treatment plans have not obtained a mental health degree, and therefore, may not be qualified to make decisions about the client's treatment. We believe treatment decisions should be made by the client and the counselor.
4. If your therapist is a Licensed Marriage and Family Therapist Associate or Licensed Professional Counselor Associate, this means that they are currently receiving supervision as it is required by the Board of Examiners for Licensure of Professional Counselors & Marriage and Family Therapists. Some insurance companies will not reimburse for services if the licensed associate is receiving supervision.

If you decide to file with your insurance company for out-of-network reimbursement, we encourage you to:

Please contact your insurance provider to verify what is needed to submit your claim. Some insurance companies require preauthorization. GIFT Counseling Center will provide you with a super bill that has the following information:

- GIFT Counseling Center business location
- Employee Identification Number (EIN)
- Date of service and fees paid
- ICD-10 code/Mental Health Disorder Diagnosis Code
- Current Procedural Terminology (CPT) Code
- National Provider Number (NPI) and Provider Signature/Credentials

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