

Fees & Insurance FAQ

Mindology Counseling

Washington, DC | Maryland | Virtual Sessions

Do you take insurance?

This is primarily a private-pay practice. CareFirst BCBS may be accepted for some services. Other insurance plans are not billed directly.

Can I use out-of-network benefits?

Yes. If your insurance plan includes out-of-network mental health benefits, a superbill can be provided for possible reimbursement.

How much will my insurance reimburse?

Reimbursement varies based on your plan, deductible, and out-of-network coverage. Your insurance company can give you the most accurate answer.

What is a superbill?

A superbill is an itemized receipt that includes the information insurance companies commonly need in order to review an out-of-network claim.

When do I pay for sessions?

Payment is due at the time of service.

Do you offer a Good Faith Estimate?

Yes. Under the No Surprises Act, clients who are not using insurance have the right to receive a Good Faith Estimate of expected costs.

What happens if I cancel late or miss a session?

Appointments canceled with less than 48 business hours' notice, or missed without notice, are charged at the full session fee.

Can I use HSA or FSA funds?

Yes. HSA and FSA cards are accepted if your plan allows psychotherapy expenses.