

Fees and Insurance

Fees

Session Rates

\$115 (45 minutes)

\$135 (60 minutes)

Assessment/Intake \$175

Sliding Scale available upon request.

All fees (including co-pays or co-insurance) are payable at time of service unless special arrangements are made.

Cancellation Policy

No shows or cancellations made with less than 24 hours before scheduled appointment will be charged \$100. No charge for emergency/illness or cancellations made with more than twenty-four hour notice.

Payment

Cash, Check, Credit Cards, HSA & Flex spending cards are all accepted for payments.

Insurance

I accept the following insurance plans:

- Premera
- Lifewise
- Blue Cross
- Regence
- First Choice Health
- Medicare
- Apple Health/Medicaid – Community Health Plan of WA (CHPW)
- Kaiser Permanente of WA, PPO Plan
- Out-of-network billing is provided for other insurers

NOTE: I am NOT accepting new clients with United Healthcare and United Healthcare's Medicare Complete plans.

Please check with your insurer prior to the first visit regarding your benefits. Be sure to ask about mental health benefits, deductibles, co-pays, co-insurance, and any specific requirements or instructions.