

Insurance Helper

Use this form to gather information when calling your insurance company. Please be aware:

- It is your responsibility to contact your insurance company and gather the information below and understand your mental health benefits

- Insurance companies require a clinical mental health diagnosis (ie: anxiety, depression, ect). This will become part of your medical record if you use your insurance

- It usually takes 4-6 weeks to process an insurance claim. If the insurance company does not reimburse me for any reason, I will send you a bill for the unpaid portion of my fees

Do I have mental health benefits? Yes No

Do I have Employee Assistance Program (EAP) coverage? Yes No

Is pre-authorization required Yes No How many sessions are available _____

How do I use it? _____

IN-NETWORK BENEFITS

How much is my deductible? \$ _____ How much has been met? \$ _____

How much is my co-pay? \$ _____ per visit Do I have co-insurance? Yes No

How much is the co-insurance? _____

How many sessions per calendar year does my plan cover? _____

Is Chaune Peck, LMFT an in-network provider (please confirm NPI # 1477921138 and address 2525 W. Washington Blvd. #104 Los Angeles, CA 90018) ? Yes No

OUT-OF-NETWORK BENEFITS*

**Usually has different details than In-Network, so please confirm*

Does my plan cover out-of-network providers? If so, what is deductible \$ _____ and what is has been met \$ _____ and what is the co-insurance? _____% member responsibility, _____% insurance coverage

Is approval required from my primary care physician? Yes No

Is pre-certification required before receiving services? Yes No

Is there a reference number for this call? _____

Who did you speak to _____ Date of call _____