



The Therapist

### The Therapist PLC Fee Schedule

Therapy Sessions	Code	Insurance	15% Cash Discount
Assessment Rate	90791	289.00	245.00
Shorter Session Therapy Rate 30-38 min	90832	130.00	110.00
Regular Therapy Rate 40-50 min	90834	150.00	128.00
Extended Therapy Rate 53 plus	90837	175.00	149.00
Family Session Rate	90846-47	150.00	128.00
Group Session Rate per hour	90835	40.00	25.00
AS/NT Spouse Therapy Group 2 session	N/A	N/A	25.00

Insurances Accepted	Out-of-Network
<ul style="list-style-type: none"> <li>• Blue Cross Blue Shield MN</li> <li>• Health Partners</li> <li>• MN Medical Assistance</li> <li>• Preferred One</li> <li>• South Health Country Alliance</li> <li>• U-Care</li> </ul>	<ul style="list-style-type: none"> <li>• United Healthcare</li> <li>• Medica</li> </ul>

**PLEASE NOTE:** Insurance listed as out-of-network may not cover our services. You must verify with your insurance carrier whether services are covered, otherwise you may be responsible for the cash discounted rate.

**Sliding Scale Fees** Sliding fees are granted for a limited amount of sessions no more than 10 sessions in a 12month period. Clients must meet income requirements. Please call to inquire and/or apply.

#### **Cancellations**

24-hour notice is required for cancellations – If you have two (2) consecutive late cancels, not due to emergencies, you will be subject to a \$25 fee.

#### **Co-Pay**

Co-pays are due at time of service.

#### **Records Requests**

Minnesota allows providers to charge a retrieval fee for medical records sent to entities such as law offices, disability claims, or other organizations. While your medical records requests will be fulfilled you must allow at least 7 business days to fulfill the request and the fee is \$5.00 for the first page and \$1.00 per page thereafter.

#### **Letters**

The Therapist, PLC does not provide disability letters, companion pet letters, or letters regarding your ability to work, or any letters that would inform providers of your mental health history. You must discuss these needs with your medical or primary care provider.

#### **Court Appearance**

Charges for court appearance are \$200 per hour plus mileage.

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### HSA

We will provide a Super Bill for clients with HSA or high deductibles insurance.

### No Show

If two (2) consecutive appointments are missed without notifying the office, the regular scheduled appointments will be given to someone else. Your name will be placed on a list for available times and you may be referred to another area provider. Please call if an illness or emergency prevents you from making your appointment. This is an exception to 24-hour notice.

### Bad weather guide:

If schools are closed--the office will be closed. An attempt will be made to contact you if the office is closed. Our priority is safety when traveling to your appointment for you and the provider safety.

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## Life Coaching Services

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### **What is a life coach and why do you need one?**

A life coach is a mentor someone who helps motivate and keep you accountable. Life coaching is usually for people who are not dealing with mental health difficulties, but instead feel stuck. They are not sure how to move forward in their personal lives or career. A life coach can help you set goals and map a strategy to encourage you and help you stay on track. If that sounds like something you need call for a FREE initial evaluation to determine your needs.

### **Life Coaching Service Fees are not covered by insurance.**

Life coaching includes professional and personal coaching, career coaching, personal and professional image. Can include in person and phone consultation.

30-90 minute in person session	\$75-200
30-90 minute phone coaching	\$40-100

### **Comprehensive monthly packages.**

Here is a list of some of the types of life coaching offerings. You can pick per session or monthly coaching packages, which can be tailored to your needs:

- Personality assessments
- Business Coaching (Starting a business)
- Career mapping
- Initial evaluation
- Initial session 90 minute
- One-on-one follow-up coaching session 30-60 minutes
- Email and text messaging support
- Phone coaching
- Between-session “homework”
- Resume Writing and professional business writing coaching
- 30-minute weekly phone call (must be scheduled)
- Goal tracking
- Journaling – Personalized journal included with fee

Monthly packages range between \$100 and \$950 depending on your needs. A 20% discount is applicable if you purchase a two-month package

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