



What to Ask Your Insurance Company

LITTLE BIRD PSYCHOTHERAPY, P.S., INC

Verifying your health insurance coverage can be confusing! Little Bird Psychotherapy recommends that you contact your insurance company if you are considering starting psychotherapy. It is also wise to verify benefits once a year or whenever your policy changes.

This form will help you know what to ask about coverage for services at Little Bird Psychotherapy.

Insurance Verification Form

“I want to to verify my benefits for psychotherapy/counseling.”

Date _____ Representative’s Name First _____ Last Initial _____

Insurance Company _____ Customer service phone # _____

Primary Insurance Carrier _____ Member ID _____ Group Number _____ Subscriber _____ DOB _____

Office visit co-pay _____ Policy effective date _____

Deductible _____ OOPmax (out of pocket maximum) _____

Do my deductible, co-pays & co-insurance apply toward my OOP max? _____

How much of my deductible have I spent this year? _____

Is Little Bird Psychotherapy in-network? (circle one) Yes No

Do I need a referral to go to LBP? (circle one) Yes No

If yes, who needs to refer me? _____

Intake (Tell the representative that LBP uses CPT code 90791 for diagnostic assessment.)

What’s my co-pay / co-insurance for intake diagnostic evaluation? _____

Is authorization required for diagnostic assessments? Yes No

Are intake evaluation services delivered via Telehealth covered? Yes No

Is there a limit on the number of diagnostic assessments per year? Yes No

If so, how many diagnostic assessments are covered per year? _____

Individual Therapy (Tell the representative that LBP uses CPT codes 90834 and 90837 for these services.)

What’s my co-pay / co-insurance? \$ _____

Is authorization required for individual therapy? Yes No

Are individual therapy sessions delivered via Telehealth covered? Yes No

Is there a limit on the number of sessions per year? Yes No

If so, how many individual therapy sessions per year? _____