

BILLING TRANSPARENCY

Your Right to a Good Faith Estimate

Notice under the federal No Surprises Act · Birds That Soar Counseling & Development, LLC

The short version

If you don't have insurance, or you choose not to use your insurance for services with us, you have the right to receive an estimate of what your care is expected to cost — in writing, before your appointment.

How This Works With Your Client Portal

This page explains your general right to a Good Faith Estimate. Your actual, individualized estimate — based on the specific services you're scheduling — is generated and delivered through our secure SimplePractice Client Portal as part of booking and intake, not through this website. **[Access your Client Portal here](#)** to schedule or request your estimate directly.

What Is a Good Faith Estimate?

Under the No Surprises Act, health care providers are required to give uninsured and self-pay clients a written Good Faith Estimate of expected charges for services, so you know approximately what to expect before you're billed.

This applies to individual, couples, family, adolescent, and child services alike — anyone paying out of pocket rather than billing insurance is entitled to an estimate.

What You're Entitled To

- A written estimate of expected charges for the mental health services you're scheduling, provided before your care begins.
- The estimate delivered within required timelines — generally at least 1 business day before your appointment if it was scheduled at least 3 business days out, or at least 3 business days before if scheduled at least 10 business days out.
- The right to request a Good Faith Estimate even if you haven't scheduled anything yet, simply by asking.
- The right to dispute a bill that comes in substantially higher than your estimate — generally, if your final bill is at least \$400 more than the Good Faith Estimate, for the same provider.

How to Request Yours

1. Log into or create an account on our [Client Portal](#) and let us know you'd like a Good Faith Estimate before scheduling, or ask during your intake.
2. We'll provide an estimate based on the type and expected frequency of services discussed — for example, individual therapy, couples therapy, or an adolescent intake.
3. Keep a copy of your estimate. If your bill ends up being \$400 or more above what was estimated, you may be eligible to dispute the charge.

Good to Know

- A Good Faith Estimate is just that — an estimate, not a contract. Actual costs may differ if your treatment plan changes (for example, more or fewer sessions than initially discussed).
- If you do have insurance and plan to use it, your costs are instead governed by your insurance plan's cost-sharing terms (copay, deductible, coinsurance) — reach out to your insurer directly for those figures.
- This right applies separately to each provider or facility involved in your care.

Birds That Soar Counseling & Development, LLC
(708) 941-1052 · info@birdsthatsoarcounseling.com

For more information about your rights under the No Surprises Act, visit cms.gov/nosurprises or call 1-800-985-3059.