

No Surprises Act

Congress enacted a “No Surprises Act” which went into effect 1/1/2022.

This applies to private pay (out of pocket) clients, those who are not using insurance to cover my services.

If you are using insurance to see me (Blue Cross Blue Shield, Harvard Pilgrim, Aetna, Cigna, Allways, or United HealthCare) this Act doesn't apply to you. I will confirm your insurance coverage before our first appointment, whenever possible.

If you are a private pay client who is not using insurance and paying out of pocket to see me, this Act applies to you.

The act is described as “new federal protections against surprise medical bills that take effect in 2022.’ Surprise medical bills arise when insured consumers inadvertently receive care from “out-of-network hospitals, doctors, or other providers they did not choose” Surprise medical bills can arise in an emergency when the patient has no ability to select the emergency room, treating physicians, or ambulance providers. Surprise bills can also arise when a patient receives planned care. For example, a patient could go to an in-network facility (e.g., a hospital or ambulatory surgery center), but later find out that a provider treating her (e.g., an anesthesiologist or radiologist) does not participate in her health plan’s network. The patient then will receive a “surprise bill” after the fact. To protect you, Congress created this Act. You are entitled to a “good faith estimate” of the cost of care. *(Refer to the end of this page for an official notice of the Act)*

It is highly unlikely this could affect our work together. There will be no situation in which you would “inadvertently” receive care from me or with no choice or foreknowledge. Any appointments are scheduled by you or during appointment with your sole input. Additionally, optional testing and supplements are always discussed beforehand and entirely your choice whether to purchase or not. **There will never, under any circumstances, be ‘surprise’ costs.**

Below are my rates and some further information.

My rates for services:

Initial intake appointment (60 minutes): \$200

Follow up Nutrition appointment (30 minutes): \$90

How many appointments you might have is dependent on your case and your needs. Most people are seen once a month. Others are seen more frequently or less frequently than that. After the first couple of appointments, usually a half hour is sufficient for follow ups. Some people are seen ongoing for years, others are only seen a couple times. It varies greatly.

Supplements and lab tests: No one is ever obligated to purchase supplements or order lab tests. But the decision to obtain these is entirely yours. The retail prices of supplement ranges widely. The need for supplements (how many, how long to take) changes from case to case.

Rest assured that I will be as transparent with you about the costs of the services we agree on together. You will have **“no surprises”** here! Feel free to always ask about any costs of which you may be unsure, and you will be provided clear information.

Please feel free to contact me if you have any related questions.