

## HARBOR COUNSELING, LLC

### *Regarding your insurance benefits*

Before your first session with your therapist, please contact your insurance company to verify that I am “in network” (Jamie Metzler, LCSW-C, tax ID number: 80-0584549). Also ask if pre-authorization is needed for mental health outpatient services and what your exact outpatient mental health benefits are. Specific questions you might ask may include:

- What is my co-payment (sometimes referred to as co-insurance)?
- Do I have a deductible and if so, how much have I paid towards it and when does it renew?
- Do I have a limit on the number of visits I am allowed?
- Is there an out-of-pocket amount with this policy?

If an authorization is required, please call me at least two business days before your first appointment to notify me of this.

Finally, please bring your insurance card and a valid driver's license or state ID card to your first appointment. Full payment or co-payment is due at the beginning of each session.