

# Questions to Ask Your Insurance Company

**Have this information handy (found on insurance card):**

Name of Subscriber (if not you): \_\_\_\_\_

Subscriber ID: \_\_\_\_\_ Group Number: \_\_\_\_\_

**Questions:**

1. Does my policy have mental health benefits? Yes No

If yes:

2. Does my policy cover licensed psychologists? Yes No

If yes:

3. a. Is psychologist Daniel J. Metevier in your network? Yes No

b. If not, does my policy cover "out-of-network" psychologists? Yes No

If yes to 3a or 3b:	In-Network	Out-of-Network
4. How much will my policy pay for a one hour psychotherapy session? ( <u>individual</u> : code 90837; <u>couple</u> : code 90847)?	\$	\$
5. How much will my policy pay for a 30 minute individual psychotherapy session? (code 90832)?	\$	\$
6. How many psychotherapy sessions are covered per year for a "non-parity" diagnoses?		
7. Is my mental health care deductible part of my medical care deductible?	Yes No	Yes No
8. If no to 7, what is my yearly mental health care deductible?	\$	\$
9. How much of my (mental/medical care) deductible have I met this year?	\$	\$
10. Do you require pre-certification before treatment?	Yes No	Yes No
11. If yes to 10, who must obtain the pre-certification?	Myself My therapist Either	Myself My therapist Either
12. Can this be done over the phone?	Yes No	Yes No
13. If yes to 10 and no to 12, please explain how pre-certification must be obtained.		
14. Who should be contacted to authorize the pre-certification?		
15. How many sessions will likely be pre-certified at a time?		
16. Where should my claims be sent?		
17. Once my claim is sent in, how long before I receive my reimbursement check (Out-of-Network only)?	Not applicable.	
18. Is there anything else I should know?		