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Insurance Information Sheet

Client's Name _____

Client's DOB _____

Insurance Carrier _____

Primary Policy Holder _____

Policy Holder's DOB _____

Type of Policy (i.e., PPO, HMO) _____

Policy Number _____

Group Number _____

Insurance Phone Number (from the back of your insurance card)

Do you have any secondary insurance? _____

If yes, please provide

Insurance Carrier _____

Primary Policy Holder _____

Policy Number _____

Information regarding Insurance and Fees:

In order for us to set realistic treatment goals and priorities, it is important to evaluate what resources you have available to pay for your treatment. While I am not on any insurance panels, if you have out of network benefits on our insurance policy, my services will likely be covered in this way. I am willing to file claims for you as an out of network provider if you have these benefits, once you have met your annual deductible.

To find out if you have out of network benefits:

1. Call the customer service number on the reverse of your insurance card.
2. Ask them if you have out of network benefits.
3. If you do, ask them what percentage these cover, and what your deductible is.
4. Ask them if pre-authorization is required.

Unless we have made such arrangements, you are responsible for full payment of your fees at time of service.

If your insurance company rejects your claim, you will be responsible for these charges also. Even if I do not accept your insurance, I will provide you with appropriate paperwork that can be sent to your insurance company for reimbursement after you have paid me for your sessions. Please contact your health insurance provider for more information about their reimbursement procedures.

If claims are submitted to your health insurance company, I will be required to provide a clinical diagnosis. This information will become part of the insurance company's records. All insurance companies say that they keep such information confidential, but once it is in their hands I cannot control what they do with your information. If your insurance company should request additional information from me other than what we have already discussed or what is discussed in this agreement, I will contact you first so that we can discuss the matter.

Paying "out of pocket" can be costlier than using your insurance to reimburse psychotherapy. However, doing so does provide you certain advantages:

- You and your therapist decide on the length of treatment. No third party will set limits on the length of time you may continue therapy.
- Your personal information is not shared with your insurance company and is not transmitted over the Internet.
- Your therapist's attention will be devoted to understanding you and helping you work through your problems. There will be no distraction by submitting (and often resubmitting) claim forms to your insurance company or negotiating to authorize additional sessions.

Please note that even if you have insurance, you always have the option to pay for my services privately if you prefer.