



QUESTIONS TO ASK YOUR INSURANCE COMPANY

PRIOR TO YOUR FIRST VISIT

- 1) Do I have Mental Health benefits in my plan? _____

- 2) Do I have a deductible; if so, how much is it? _____
Is it combined with my medical deductible in order to meet it? _____
How much of it have I met so far? _____

- 3) What is the percentage that my insurance pays? _____
What is the percentage (or amount) that is my copay? _____

- 4) Is there a cap on the number of office visits are allowed per calendar year? _____

- 5) Do I need to be pre-certified or pre-authorized (call before being seen by counselor)? _____
If so, how many visits allowed before I have to call again? _____

- 6) What is the effective date of my policy: _____