

Robert B. Young  
 Ridgeview Counseling Associates  
 106-D Ridgeview Drive  
 Cary, NC 27511

*Rates, Insurance, and Payments*

**Rates:**

Intake/Assessment: \$125  
 Individual therapy (45-60 min): \$100  
 Family therapy (45-60 min.): \$100  
 Group therapy (90 min.): \$50

**Insurance:**

I am with three insurance providers; Blue Cross Blue Shield, Cigna and Optum (United Behavioral Health). For both Cigna and Optum, I am also an in network provider for their Employee Assistance Programs(EAP). If you plan on using your insurance, please contact your network representative in advance to be informed of respective benefits.

*Some questions to ask our insurance provider prior to the intake:*

- *Do I have mental health/substance abuse benefits?*
- *What is my deductible? Has it been met?*
- *What is my copay? (if no copay) Do I have a coinsurance payment?*
- *How many sessions does my plan cover?*
- *Do I need pre-authorization?*

**Reduced fee/sliding scale:**

Reduced fee services are available on a client-by-client basis. I will adjust the rate based on each client’s financial status, using the following chart as a guide.

**Sliding Scale fee for Therapy: 60 minutes of individual/family therapy**

<b>Number of People in Your Household</b>						
<b>Annual Household Income</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<\$30,000	\$85	\$85	\$80	\$70	\$60	\$60
\$30,000- \$44,000	\$95	\$95	\$90	\$80	\$70	\$70
\$45,000-\$59,000	\$95	\$95	\$90	\$85	\$80	\$80
\$60,000-\$74,000	\$100	\$100	\$95	\$95	\$90	\$90
\$75,000 +	\$100	\$100	\$100	\$100	\$100	\$100

In order to qualify for the sliding scale, clients will need to provide a copy of the previous years’ first page of their 1040 Income Tax Form.

**Cancellation policy:**

***If you do not attend your scheduled appointment, or have not provided at least 24 hours' notice of cancellation, you will be required to pay a \$40 fee before your next scheduled appointment.***