

WORKSHEET FOR UNDERSTANDING YOUR INSURANCE COVERAGE

Understanding your insurance plan and what health services are covered can be complicated. Use this worksheet as a guide to get a better understanding of your benefits then give this completed worksheet to your counselor at your first meeting or as soon as possible. We'll use it to help you get the insurance benefits you're entitled to.

Name _____ Date _____

Insurance Provider _____

I intend to use a HSA/HRA/Flex Spending Account to pay for services.

You may not know the answer to many of the following questions. Call your insurance carrier's customer service number, which is typically on the back of your insurance card. Speak with a representative who can give you information about your plan as it relates to outpatient behavioral health in an office setting. Ask these questions:

What address should behavioral health claims be sent to? _____

Is the name of the carrier different from my primary insurance? No Yes, the name is _____

Is my counselor listed as an in-network provider? No Yes

What is my deductible for in-network? \$ _____

What is my deductible for out-of-network? \$ _____

What is the amount that has been met on my deductible so far this year? \$ _____

What copay amount is due at each visit? \$ _____

If a copay is not due, what coinsurance percentage is my responsibility? ____%

Am I limited to a certain number of visits per year? No Yes, the limit is _____

Am I limited to a certain number of visits per week? No Yes, the limit is _____

Is a pre-approval/preauthorization/precertification required for behavioral health services? No Yes

What is the effective date of my policy? _____

SamaraCare counselors and the insurance networks they are a part of:

Michael Bradburn: Aetna, BCBS PPO, Medicare

Susan English: Aetna, BCBS PPO, Medicare

Donna Fletcher: Aetna, BCBS PPO, Medicare, United Healthcare

Monica Guilhot-Chartrand: Aetna, Aetna EAP, BCBS PPO, Medicare, United Healthcare

Starlene Kelley: Aetna, BCBS PPO, Medicare

Jessica Littlefield: Aetna, BCBS PPO, Medicare, Tricare

Howard Milkman: Aetna, BCBS PPO, Magellan, Value Options

Scott Mitchell: Aetna, BCBS PPO, Coventry, Magellan, Medicare, Tricare, United Healthcare

Genalin Niere-Metcalf: Aetna, BCBS PPO

Jeremy Omerod: Aetna, BCBS PPO, Cigna, Magellan, United Healthcare

Jaimee Ory: Aetna, BCBS PPO, United Healthcare, (Medicare & Tricare-pending)

Kenneth Potts: Aetna, BCBS PPO, Coventry, Magellan, United Healthcare

Nancy Sayer: Aetna, BCBS PPO, Cigna, Value Options

Charlene Slezak: Aetna, BCBS PPO, Medicare, Tricare

Tracy Takeda: Aetna, BCBS PPO, Cigna, Magellan, United Healthcare

Dana Wagner: Aetna, BCBS PPO