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
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Howard Milkman: Aetna, BCBS PPO, Magellan, Value Options
Scott Mitchell: Aetna, BCBS PPO, Coventry, Magellan, Medicare, Tricare, United Healthcare
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Kenneth Potts: Aetna, BCBS PPO, Coventry, Magellan, United Healthcare
Nancy Sayer: Aetna, BCBS PPO, Cigna, Value Options
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