

Your Right to a Good Faith Estimate

Under the No Surprises Act

You have the right to receive a **Good Faith Estimate** explaining how much your care will cost.

Under the law, health care providers must give people who are uninsured, or who are not using insurance, an estimate of the expected charges for medical services, including psychotherapy.

What this means for you

- You have the right to a Good Faith Estimate for the total expected cost of any non-emergency services, including psychotherapy.
- You can ask for one before you schedule, or at any point during treatment.
- If you receive a bill that is at least **\$400 more** than your Good Faith Estimate, you can dispute the bill.
- Make sure to save a copy or picture of your Good Faith Estimate.

How to request one

Email goldenhourwellco@gmail.com or call **(303) 736-9822**. We will send a written estimate covering your expected sessions and rates. If you are self-pay, we provide one automatically before your first session.

Current rates

Service	Rate
Individual therapy, 50 minutes	Provided in your written estimate
Mama's Golden Hour group	\$25 per session / \$150 for six weeks
Initial consultation	Free, 15 minutes

If you are using in-network insurance (Aetna, United Healthcare or Cigna), your cost is set by your plan rather than by this estimate. We will help you check your benefits before you begin. Insurance is not accepted for the group, which is self-pay.

Questions or disputes

For questions or more information about your right to a Good Faith Estimate, visit www.cms.gov/nosurprises or call **1-800-985-3059**.