

What You Pay & When

know before you arrive

How this works:

1. **You verify your out of network benefits** using the step-by-step guide available upon request from Fortitude Counseling.
2. **You pay for therapy in full** at the time of your session (\$200 for initial visit, \$150/session after that)
3. An **Out of Network (OON) claim is filed** with your insurance company (either by you, using a Superbill I send you, or through the app Better that submits all this for you but charges 10% of whatever reimbursement amount your sent by the insurance co.)
4. **Your insurance company reimburses you** (usually by check via USPS mail) whatever they've agreed to pay for OON services on your plan (this is the information you obtained using the first part of this worksheet)



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