

Questions to consider asking your insurance company to learn about your out-of-network reimbursement benefits and options:

- What are my reimbursement benefits for seeing an out-of-network Licensed Mental Health Counselor (LMHC)?
- What is my out-of-network deductible?
- How much of my out-of-network deductible has already been met?
- What is my policy period?
- How many counseling visits within this policy period does my plan cover?
- Are telehealth visits covered?
- How do I submit for reimbursement?
- How long do I have to submit my superbill after each "date of service"?
- How long will it take for me to get reimbursed after each submission?