

In order to be reimbursed by your insurance company, I recommend that you contact them to obtain more information about your policy. It is important to attain answers to the following questions:

1. Does your policy cover mental health services from a Mental Health Counselor Associate?
2. How many sessions do they cover?
3. Do you need a referral from a physician?
4. What specific information/documentation is required for you to be reimbursed directly?

You may also consider opening a Flexible Spending Account (FSA) through your employer. Here are a couple of websites that provide more information: <http://financialplan.about.com/cs/insurance/a/FlexSpendPlan.htm> and http://en.wikipedia.org/wiki/Flexible_spending_account. This is becoming a more common method of managing health care costs. Please check with your employer and your insurance company for more information.

Since I am unable at this time to submit the claim on your behalf, you will be responsible for this. However, I will be happy to provide receipts and other necessary documentation to support you in this procedure.