



Standard Form: “Good Faith Estimate for Health Care Items and Services” Under the No Surprises Act

(For use by health care providers no later than January 1, 2022)

Print pages 3 - 8 for your clients

The community for mental health professionals.

A free, secure space for mental health professionals to collaborate with and meet new colleagues, support each other with referrals and stay connected to a trusted network of peers.

[Join Today](#)

[Belongly.com/start](https://belongly.com/start)



Appendix 2

Standard Form: “Good Faith Estimate for Health Care Items and Services” Under the No Surprises Act

(For use by health care providers no later than January 1, 2022)

Instructions

Under Section 2799B-6 of the Public Health Service Act, health care providers and health care facilities are required to provide a good faith estimate of expected charges for items and services to individuals who are not enrolled in a plan or coverage or a Federal health care program, or not seeking to file a claim with their plan or coverage **both orally and in writing**, upon request or at the time of scheduling health care items and services.

This form may be used by the health care providers to inform individuals who are not enrolled in a plan or coverage or a Federal health care program (uninsured individuals), or individuals who are enrolled but not seeking to file a claim with their plan or coverage (self-pay individuals) of the expected charges they may be billed for receiving certain health care items and services. A good faith estimate must be provided within 3 business days upon request. Information regarding scheduled items and services must be furnished within 1 business day of scheduling an item or service to be provided in 3 business days; and within 3 business days of scheduling an item or service to be provided in at least 10 business days.

To use this model notice, the provider or facility must fill in the blanks with the appropriate information. HHS considers use of the model notice to be good faith compliance with the good faith estimate requirements to inform an individual of expected charges. Use of this model notice is not required and is provided as a means of facilitating compliance with the applicable notice requirements. However, some form of notice, including the provision of certain required information, is necessary to begin the patient-provider dispute resolution process.

NOTE: The information provided in these instructions is intended only to be a general informal summary of technical legal standards. It is not intended to take the place of the statutes, regulations, or formal policy guidance upon which it is based. Readers should refer to the applicable statutes, regulations, and other interpretive materials for complete and current information. [[Link to IFR when available.](#)]

Health care providers and facilities should not include these instructions with the documents given to patients.

Paperwork Reduction Act Statement

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid Office of Management and Budget (OMB) control number. The valid OMB control number for this information collection is 0938-XXXX. The time required to complete this information collection is estimated to average 1.3 hours per response, including the time to review instructions, search existing data resources, gather the data needed, and complete and review the information collection. If you have comments concerning the accuracy of the time estimate(s) or suggestions for improving this form, please write to: CMS, 7500 Security Boulevard, Attn: PRA Reports Clearance Officer, Mail Stop C4-26-05, Baltimore, Maryland 21244-1850.

[NAME OF CONVENING PROVIDER OR CONVENING FACILITY]
Good Faith Estimate for Health Care Items and Services

Patient		
Patient First Name	Middle Name	Last Name
Patient Date of Birth: _____/_____/_____		
Patient Identification Number:		
Patient Mailing Address, Phone Number, and Email Address		
Street or PO Box		Apartment
City	State	ZIP Code
Phone		
Email Address		
Patient's Contact Preference:	<input type="checkbox"/> By mail	<input type="checkbox"/> By email
Patient Diagnosis		
Primary Service or Item Requested/Scheduled		
Patient Primary Diagnosis		Primary Diagnosis Code
Patient Secondary Diagnosis		Secondary Diagnosis Code

If scheduled, list the date(s) the Primary Service or Item will be provided: [] Check this box if this service or item is not yet scheduled	
Date of Good Faith Estimate: _____/_____/_____	
Provider Name	Estimated Total Cost
Provider Name	Estimated Total Cost
Provider Name	Estimated Total Cost
Total Estimated Cost: \$	

The following is a detailed list of expected charges for [LIST PRIMARY SERVICE OR ITEM], scheduled for [LIST DATE OF SERVICE, IF SCHEDULED]. [Include if items or services are reoccurring, "The estimated costs are valid for 12 months from the date of the Good Faith Estimate."]

[Provider/Facility 1] Estimate

Provider/Facility Name		Provider/Facility Type	
Street Address			
City	State	ZIP Code	
Contact Person	Phone	Email	
National Provider Identifier		Taxpayer Identification Number	

Details of Services and Items for [Provider/Facility 1]

Service/Item	Address where service/item will be provided	Diagnosis Code	Service Code	Quantity	Expected Cost
	[Street, City, State, ZIP]	[ICD code]	[Service Code Type: Service Code Number]		

Total Expected Charges from [Provider/Facility 1] \$
Additional Health Care Provider/Facility Notes

Provider/Facility Name		Provider/Facility Type	
Street Address			
City	State	ZIP Code	
Contact Person	Phone	Email	
National Provider Identifier		Taxpayer Identification Number	

[Provider/Facility 2] Estimate [Delete if not needed]

Details of Services and Items for [Provider/Facility 2]

Service/Item	Address where service/item will be provided	Diagnosis Code	Service Code	Quantity	Expected Cost
	[Street, City, State, ZIP]	[ICD code]	[Service Code Type: Service Code Number]		

Total Expected Charges from [Provider/Facility 2] \$
Additional Health Care Provider/Facility Notes

[Provider/Facility 3] Estimate [Delete if not needed]

Provider/Facility Name		Provider/Facility Type	
Street Address			
City	State	ZIP Code	
Contact Person	Phone	Email	
National Provider Identifier		Taxpayer Identification Number	

Details of Services and Items for [Provider/Facility 3]

Service/Item	Address where service/item will be provided	Diagnosis Code	Service Code	Quantity	Expected Cost
	[Street, City, State, ZIP]	[ICD code]	[Service Code Type: Service Code Number]		

Total Expected Charges from [Provider/Facility 3] \$
Additional Health Care Provider/Facility Notes

Total estimated cost for all services and items: \$

Disclaimer

This Good Faith Estimate shows the costs of items and services that are reasonably expected for your health care needs for an item or service. The estimate is based on information known at the time the estimate was created.

The Good Faith Estimate does not include any unknown or unexpected costs that may arise during treatment. You could be charged more if complications or special circumstances occur. If this happens, federal law allows you to dispute (appeal) the bill.

If you are billed for more than this Good Faith Estimate, you have the right to dispute the bill.

You may contact the health care provider or facility listed to let them know the billed charges are higher than the Good Faith Estimate. You can ask them to update the bill to match the Good Faith Estimate, ask to negotiate the bill, or ask if there is financial assistance available.

You may also start a dispute resolution process with the U.S. Department of Health and Human Services (HHS). If you choose to use the dispute resolution process, you must start the dispute process within 120 calendar days (about 4 months) of the date on the original bill.

There is a \$25 fee to use the dispute process. If the agency reviewing your dispute agrees with you, you will have to pay the price on this Good Faith Estimate. If the agency disagrees with you and agrees with the health care provider or facility, you will have to pay the higher amount.

To learn more and get a form to start the process, go to www.cms.gov/nosurprises or call [HHS PHONE NUMBER].

For questions or more information about your right to a Good Faith Estimate or the dispute process, visit www.cms.gov/nosurprises or call [HHS NUMBER].

Keep a copy of this Good Faith Estimate in a safe place or take pictures of it. You may need it if you are billed a higher amount.

Also, Explore The 2022 Mental Health Professionals Industry Resource Map

Belongly The 2022 Mental Health Professionals Resource Map [Join For Free](#) [Learn More](#) [Report An Error Or Change](#)

- Online Therapy Platforms**
 - BetterHelp
 - Talkspace
 - Online-Therapy.com
 - Amwell
 - Alma
 - MDLive
 - Z.Cups
 - ReGain
 - Carebral
 - Teen Counseling
 - Pride Counseling
 - Doctor on Demand
 - SobMD
 - Faithful Counseling
 - Calmerry
 - Teledoc
 - Seamee
 - Open Path
 - Teletherapy.io
 - Circles
 - Bark
 - Brightside Health
- Insurance For Providers**
 - Hiscox
 - biBerk
 - Simply Business
 - Proliability
 - CPH Associates
 - HSPQ
 - CHUBB
 - The Hartford
 - Pearl Insurance
 - Liberty Mutual Insurance
 - Nexus Insurance
 - Medpro
 - Amtrust Financial
 - AIG
 - Insureon
 - Progressive
- Blogs & Publications**
 - The Mighty Mental Health
 - The OCD Stories
 - Real Warriors
 - A Splintered Mind
 - Lawyers With Depression
 - The Art of Healing Trauma
 - The Anxiety Sisters
 - Journal of Psychotherapy
 - JMIR Mental Health
 - Harvard Medicine Magazine
 - APA Psychnet
 - Harvard Business Review
 - Better Mental Health
 - Clinical Psychology Review
 - HealthyPlace
 - hp Magazine
 - hopetoscope
 - Headspace
 - OC87 Recovery Diaries
 - Psychology Today
 - ADDitude
 - Our Stories of Strength
 - Verywell
- Virtual Assistants**
 - The Mom Project
 - Upwork
 - Belay
 - TaskVirtual
 - VaVa Virtual
 - Virtualent
 - FreeUp
 - RamSource
 - LinkedIn
 - Time Etc
 - MyTasker
 - WoodBros
 - Boldly
 - VA Talks
 - 24/7 Virtual Assistant
 - ClearDesk
 - Virtual Assist USA
 - CraftyEdge
 - Prialto's
 - Virtual Staff Finder
 - Remote Coworker
 - Efficia
 - Fiverr
- Referral Networks**
 - Psychology Today
 - Good Therapy
 - Better Help
 - Network Therapy
 - Find-A-Therapist
 - Therapy Tribe
 - Theravive
 - HealthyPlace
 - Find A Therapist
- Appointment Scheduling**
 - Calendly
 - Acuity Scheduling
 - Simple Practice
 - Yellow Schedule
 - Sprintful
 - Carepatron
- Websites For Therapists**
 - SimplePractice
 - TherapySites
 - Brighter Vision
 - Squarespace
 - Wix
 - WordPress
 - Weebly
 - Create my Therapist Website
 - Counseling Kit
 - Empathy Sites
 - In Session
 - Design for Therapists
 - Counseling Wise
 - Psychotherapy Sites
 - Therapy.Tribe
- Facebook Groups**
 - Become a More Effective Therapist Private
 - Practice Startup
 - Clinicians of Color
 - My Private Practice Collective
 - Selling the Couch
 - Abundance Practice Building
 - Telemental Health Counselors Connect
 - Insurance, Credentialing & Billing
 - Mental Health Professionals Support Group
 - Therapist Toolbox
 - Mental Health Professionals
 - Mental Health Professionals Group
 - Mental Health Professionals
 - Mental Health Professionals Network
 - Mental Health Professionals UNITE!
- Secure HIPPA Compliant Email**
 - Virtru
 - Paubox
 - NeoCertified
 - HIPAA Vault
 - Aspidia Mail
 - Protected Trust
 - MailHippo
 - LuSci
 - ProtonMail
 - Hushmail
 - Egress
 - Identiflect
 - Mimecast
 - EnGuard
- Worksheets & Tools**
 - Therapist Aid
 - Psychology Tools
 - Living CBT Resources
 - Veronica Walsh CBT Blog
 - Therapy Worksheets
 - Belmont Wellness
 - The Helpful Counselor
 - Confident Counselors
 - Positive Psychology
 - Between Sessions
- Payment Processing**
 - Simple Practice
 - Kareo
 - Therabill
 - Therapy Notes
 - Ivy Pay
- Answering Services**
 - Ruby Virtual Receptionists
 - Well Received
 - MAP Communications
 - Answer
 - Specialty Answering Services
 - Answer MTI
 - Answering Service Care
 - Answer Hero
- Popular Podcasts**
 - The Hardcore Self-Help Podcast
 - Feeling Good
 - The Happiness Lab
 - Positive Psychology Podcast
 - The Mental Illness Happy Hour
 - Check Your Head
 - The Self Work Podcast
 - The Trauma Therapist Project
 - Terrible Thanks For Asking
 - Therapy for Black Girls
 - Not Another Anxiety Show
 - Dear Therapists
 - The Psych Hub Podcast
 - The OCD Stories
 - Cleaning Up The Mental Mess
 - Meditation Minis Podcast
 - Unlocking Us
 - The Hilarious World of Depression
 - The Brain Warrior's Way Podcast
 - Where Should We Begin?
 - Anxiety Slayer Podcast
 - The Private Practice Startup
 - Abundant Practice
 - Billing Breakthroughs
 - Inside Mental Health
 - Shrink Rap Radio
 - The Science of Happiness
 - Power Your Parenting
 - The Couples Therapist Couch
 - The Virtual Coach
 - The Mindfully Creative Podcast
 - Thirsty for Art
 - Let's Talk About CBT
 - The Nod
 - Attitudes!
 - WTF with Marc Maron
 - Code Switch
 - The Positive Psychology Podcast
 - The Anxiety Podcast
 - Tara Brach

Share This Map [f](#) [t](#) [in](#)

This map is in no way an endorsement of any business listed and linked to, or a statement of the quality of the vendor. Anyone who downloads our map is responsible to fully & properly vet all potential vendors they may utilize as a result of finding them through this map. Belongly is in no way responsible for any outcomes as a result of vendor selection.

14 Categories, 212 Live Links, including Online Therapy Platforms, Insurance For Providers, Practice Management & Billing Software, Appointment Scheduling, Virtual Assistants, Blogs, Podcasts, Facebook Groups, Payment Processing, and more...

To be successful as a mental health professional in today's environment, it's increasingly important to be aware of the tools and resources that can power your business and help you run a thriving practice. We're proud to introduce our 1st annual Mental Health Professional Industry Resource Map. Fresh with new categories, live links, resources, and more information, we're certain this will give you a big picture of the resources available to you as a therapist to help you run a successful business and stay connected to other professionals.

So, whether you're practicing as a mental health professional, a professional in another industry, or simply a curious consumer just trying to find out what it's all about, this PDF (with live links) will help you explore the sites, tools, apps, and resources you need to know. There's a lot to keep up with and our new map gives you a quick way to understand it all.

[Download The Map](#)

Belongly

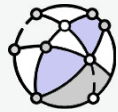
The community for mental health professionals.

A free, secure space for mental health professionals to collaborate with and meet new colleagues, support each other with referrals and stay connected to a trusted network of peers.

[Join Today](#)

[Learn More](#)

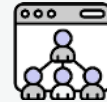
Belongly is a secure private platform. Currently, we only accept US-based therapists.



Connect

Meet other psychologists, social workers, and mental health professionals who share your specialties, interests, and day-to-day challenges.

[See who's on Belongly](#)



Collaborate

Consult on cases, securely discuss specific issues, and learn from a protected space. Help one another by giving and receiving professional support.

[Get Connected](#)



Curate

With Belongly, you can find and subscribe to the latest industry news, research, and curated articles you need to stay current and informed.

[Subscribe To Publications](#)



Cultivate

Grow your practice with referrals from the community, and develop your business with tools, advice, best practices, and continued training.

[Exchange Referrals](#)