



## INSURANCE WORKSHEET

### KNOW YOUR INSURANCE BENEFITS BEFORE BEGINNING

Baltimore Thrives, LLC  
1439 East Fort Ave.  
Baltimore, MD 21230

Phone 443-742-5566  
EIN Tax Number: 82-2173094

**Step 1** – Inform the representative you wish to know about your **Out-Of-Network** Benefits.

**Step 2** – Ask if you have a Flex Spending/Health Account to help with costs.

**Step 3** - What amount of **Deductible** if any must be met before reimbursements begin?

**Step 4** – Is **prior authorization** or a **treatment plan** necessary to begin?

**Step 5** – What are the insurance company's **Usual Customary Fees** for specific service codes. Remember, the insurance company's UCF's are not Baltimore Thrive's fees for service.

All clients are charged the following fees for services:

|                                   |   |               |
|-----------------------------------|---|---------------|
| Intake Meeting (90791)            | - | \$160.00/hour |
| 45 Minute Therapy Session (90834) | - | \$130.00      |
| 1 Hour Therapy Session (90837)    | - | \$160.00      |

You can determine how much of a reimbursement you will receive by multiplying the UCF by the percentage the insurance company reimburses.  $UCF \times \text{percentage insurance co. reimburses} = \text{your reimbursement}$ .

**Step 6** – What **address** are insurance claims mailed to?

**Step 7** – Copy the worksheet with your contact information and provide to your therapist.

