

Insurance for Psychotherapy

Understanding Your Coverage

Insurance coverage varies between and within each provider and clinician; however, our services may be covered partially or in full. Our accepted insurance plans are listed below. Please contact your health insurance plan by calling the customer service number on the back of your insurance card to learn more information regarding what your plan covers.

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Questions to Ask Your Insurance Provider

- Do I have mental health benefits for counseling/psychotherapy?
- What is the coverage amount? What is my deductible and has it been met?
- Do my benefits cover the following procedure codes for counseling/psychotherapy?

90791 Psychiatric/diagnostic intake interview

90837 Psychotherapy session

- Do I need pre-authorization for services?
- How many sessions per year does my health insurance cover?
- If Tahoma Enterprises LLC is considered out-of-network, how much of the fees are covered? What kind of paperwork do I need to provide to get reimbursed for my out-of-pocket costs?