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Patient Worksheet – Insurance Coverage

Fill out this worksheet to investigate what your mental health benefits are from your insurance company so that you can be fully informed when you seek mental health services. Use our clickable links at www.doctorselby.com – “New Client” tab to find contact information for your insurance. Remember that any co-payment, co-insurance, deductible amount etc. is due at the time of service (see Outpatient Services Contract).

1. Are you planning to use any insurance benefits for these services? Y / N
2. What is the name of your insurance company?
3. Did you call your insurance company to ask for a therapist referral? Y / N
4. Did you get authorization for mental health services (there may be a phone number on the back of your insurance card that says “Call this number for mental health services”)? Y / N
5. What is your authorization number?
6. How many visits were authorized?

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7. What is your co-payment for each visit?
8. Does your insurance have a deductible?
9. How much is it? What is your payment due at your initial and follow up visits?

Please provide this information to Selby Psychological Services so that we may be informed about your insurance coverage. Our Billing Service (PsychAdmin Partners) will also check this information if we are provided identifying information prior to your first visit and we can compare notes for accuracy.

You may provide this information by phone at (207) 262-9009 or by fax at (207) 262-9008 or by e-mail attachment if you choose at doctorselby@verizon.net. If you choose this option please be aware that e-mail communication may not be secure (see our Outpatient Services Contract for more information).